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SOUTHERN
KITCHENS



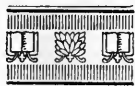
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LOS ANGELES

ECHOS OF SOUTHERN KITCHENS

COMPILED AND PUBLISHED BY THE
ROBERT E. LEE CHAPTER

UNITED DAUGHTERS OF THE CONFEDERACY No. 278

LOS ANGELES, CAL.
OCTOBER, 1916



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PIES

PUMPKIN PIE

“What moistens the lips, what brightens the eye,
What calls back the past like the rich pumpkin pie?”

Three large cupfuls—or one can—of boiled pumpkin, one and a half cupfuls of sugar, half cupful of best molasses, the yolks and whites of four eggs beaten separately, a pinch of salt, one tablespoonful each of ginger and cinnamon, half a teaspoonful of allspice, butter size of an egg. Beat all together well and bake with rich under crust.

APPLE PIE

Pare good tart apples, slice thin, lay in covered pie pan, add sugar to taste, a little cinnamon or grated lemon peel, bits of butter, and cover with good rich paste and bake for three-quarters of an hour.

BLACKBERRY PIE

Take one box of berries and cook for about twenty minutes with sugar enough to make rather sweet. Have pan with good paste for lower crust. Pour in berries and juice and sprinkle with one tablespoon of corn starch over the berries and some bits of butter. The starch thickens the juice and keeps it from running out. Cover the top with paste and bake.

MRS. B. F. CHURCH.

BANANA PIE

Beat yolks of two eggs with one-half cup of sugar until light and foamy. Peel and mash two bananas into the mixture. Add pinch of salt. Add two cups sweet milk. Mix well. Turn all into pan lined with rich pie crust, bake in hot oven until custard is set. When ready to serve cover with meringue of whites of two eggs, beaten stiff. Add three teaspoons powdered sugar, spread on top and brown.

SUSIE E. PONDER.

CHOCOLATE PIE

Grate one-half ounce Baker's Chocolate, enough hot water to dissolve. Beat two egg yolks, add four tablespoons

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sugar and one tablespoon corn starch. Put 2 cups milk in double boiler, add one-quarter teaspoon salt. When hot add egg and chocolate mixture, stirring constantly until thick. Pour into a baked pie crust, cover with meringue made by beating two egg whites till stiff and adding two tablespoons sugar and vanilla flavoring. Brown in oven and serve cold.

PIE CRUST

One scant cup flour, one-quarter teaspoon salt, mix in two tablespoons Crisco. Add three tablespoons cold water. Roll out and bake on pan turned upside down, which insures a crisp brown bottom.

MRS. F. C. MILLER.

PIE CRUST

One cup of lard, two cups of flour, one-half cup of water (ice water best) two teaspoons of baking powder. Roll out very thin. Enough for two pies.

MINNIE G. NEIGHBOURS.

LEMON PIE

Four eggs, one cupful of sugar, one and one-half cupfuls of boiling water, two heaping teaspoonfuls of flour, the grated rind and juice of two Sunkist lemons. Beat the yolks and whites of eggs separately, put yolks, sugar, flour lemon juice and rind in a double boiler, mix well, add the boiling water, stir until it begins to thicken. Add one-half of the well beaten whites of the eggs. Stir, let cook until thick. Bake crust, fill with custard, use the rest of the whites of eggs for meringue, brown in oven.

MINNIE G. NEIGHBOURS.

LEMON PIE

Juice and rind of one large Sunkist lemon, yolks of three eggs, one tablespoon corn starch, not too heaping, one cup sugar, one cup boiling water. Mix cornstarch and sugar together and put water in last. Meringue of three whites of eggs, three tablespoons sugar.

MRS. W. N. PERRY.

LEMON PIE—FINE

Rind of two lemons, one and one-half cups of white

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sugar, two heaping tablespoons of unsifted flour; one tablespoon of corn starch. Stir all well together, then add yolks of three beaten eggs. Beat all thoroughly, add juice of two lemons, two cups of water, piece of butter size of egg. Put all together in double boiler and cook till thick as honey. Remove from fire and let cool before putting into pastry, bake and when done have ready the whites of eggs beaten stiff, with three small tablespoons of sugar. Spread over top and brown. This makes a deep large sized pie.

MRS. E. H. MULLEN.

MINCE MEAT

Cover two pounds of lean beef with boiling water and simmer until tender; cool and chop fine; add two pounds of suet, shredded, two pounds of layer raisins, two pounds currants, one pound of citron, one-half pound candied lemon peel, two pounds Sultana raisins, four pounds of chopped apples, two nutmegs grated, one-half teaspoonful of cloves, two pounds of light brown sugar, one tablespoonful of cinnamon, and one-half tablespoonful of mace. Now, reduce the beef stock to one and one-half cups, add to the mince meat, cook slowly two hours and pack away in jars; dilute, when used with brandy, cider or fruit juices. Or, omit the beef stock, add the juice and rind of two lemons and two oranges; mix well; pack in stone jar and pour over it one quart of sherry and one quart of brandy. Cover and set in a cool place.

TRANSPARENT CUSTARD PIE

Four eggs, one cup of milk, three cups of sugar, two spoonfuls of butter, a few bread crumbs or crackers, nutmeg or lemon peel.

CUSTARD PIE WITHOUT MILK

One cup sugar, three eggs, one teaspoon of melted butter, one cup of water, one tablespoon of flour. Beat all together and flavor to taste. Bake in quick oven.

MRS. QUARRIER.

SWEET POTATO PIE

One cup of sweet potato boiled and mashed very fine or put through colander, one cup of sweet milk, one cup of

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sugar, one tablespoon butter, two eggs, one-third teaspoon extract lemon. Beat eggs, add sugar, butter, potato and milk and extract lemon, place on stove and stir until it begins to thicken, then pour in a pie plate that is lined with good pastry. Bake until a light brown. This makes one large pie.

JELLY PIE

Three eggs, white and yolks beaten separately; three-fourths cup of sugar, one-half cup of butter, one glass of jelly. This makes two small pies.

MRS. C. T. HARPER.

WHITE GRAPE PIE

One large cup of white grapes, seeded; one cup sugar; one egg; two rounded tablespoons butter. Mix this together and bake in two crusts. Delicious.

MRS. W. N. PERRY.

KARO SYRUP PIE

Cup sugar, one tablespoon melted butter, two tablespoons flour, cup milk, cup Karo cyrup, two eggs, beaten yolks. Flavor with vanilla or nutmeg.

PUDDINGS

DELMONICO PUDDING

Into a double boiler put two cups of milk and let come to the scalding point. Separate two eggs. Into the yolks put one-half cup of sugar gradually and stir thoroughly into hot milk; one package or two tablespoons of gelatine, softened in one-half cup of cold milk. Pour part of hot milk over this mixture, and then pour into the rest of the hot milk. When finished add gelatine, let cool, then add beaten whites of eggs and vanilla and one cup of whipped cream.

MRS. W. E. SPROUSE.

STEAMED NUT PUDDING

One-half cup butter, one and one-half cups flour, one-half cup sugar, three teaspoons baking powder, two eggs, one-half cup cold water, one-half cup raisins, one-half cup nuts floured. Bake one-half hour or steam one hour. Serve with hard sauce.

HARD SAUCE

One-third cup butter, one-third teaspoon flavoring, one cup powdered sugar. Cream butter, add sugar gradually, and flavor. Form in loaf, let stand until ready to serve, and slice.

MRS. SEMPLE.

APPLE PUDDING

Fill buttered baking dish with sliced apples, pour over this batter: One tablespoon butter, one-half cup sugar, one egg, one-half cup sweet milk, one cup sifted flour, one teaspoon baking powder. Bake in moderate oven till brown.

SAUCE

Two cups brown sugar, one-half cup milk, butter size walnut. Cook until thick.

MRS. W. N. PERRY.

FRIED BANANAS

Peel and slice lengthwise, then cut in two, dip in well beaten egg, then in cracker crumbs, fry in bacon grease and butter. Sliced pineapple is prepared in the same way.

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These are very delicious breakfast dishes and common in the South.

MRS. W. A. HORNE.

DANDY BREAD PUDDING

Two and one-half cups bread crumbs, two-thirds cup raisins, two-thirds cup English walnuts, one apple, one teaspoon baking powder, clove cinnamon, allspice and nutmeg to taste, three eggs, one cup of milk, sugar to taste. Mix and bake in slow oven.

SAUCE

One cup sugar, one tablespoon of flour, one-half cup butter, one-half pint water. Cook sugar, flour and butter together before putting in water.

MRS. F. O. REED.

CARROT PUDDING

One cup grated Irish potatoes (raw), one cup grated carrots (raw), one cup sugar, one cup flour, one and one-half cups seeded raisins (floured), one nutmeg, grated, one-quarter teaspoon each of cinnamon and cloves, one-half teaspoon soda added to potatoes. Mix well. Put in one-pound baking powder tins and steam in tight boiler for three hours. Do not fill tins within two inches of top. Put tops on. Serve with hard sauce.

CONFEDERATE PUDDING

Rub thoroughly into four teacupfuls of sifted flour one teacup of suet, shredded and chopped fine, one teacupful of raisins seeded and chopped, the same quantity of currants washed and dried the day previous, one teaspoon of cinnamon, stir into this one teacupful of molasses and the same quantity of milk. Pour into a pudding mould and boil two hours. To be eaten hot with sauce.

MRS. W. A. HORNE.

REBEL PUDDING

One cup of molasses, half a cup of butter, one cup of sweet milk, one teaspoon of cloves, and of cinnamon, two teaspoons of allspice, small teaspoon of soda dissolved in vinegar, enough flour to make a stiff batter. Boil four hours. Serve hot with sauce.

MRS. W. A. HORNE.

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PUDDING SAUCE

Two heaping cups of brown sugar, let boil twenty minutes, then add half a cup of butter which has had two teaspoons of flour rubbed into it smoothly; let boil till quite thick, then add a wine glass of good brandy and one well beaten egg. Do not let boil after adding egg or it will curdle. Flavor to suit.

DATE PUDDING

One cup chopped nuts, three-fourths cup chopped dates or cut with scissors, one heaping tablespoon flour, three tablespoons sugar, one-half teaspoon of baking powder, two well beaten eggs. Fill six ramakins scantily, put them in pan of hot water. Cook half hour in oven. Serve with whipped cream.

DATE PUDDING

One pound dates (mashed and stoned), one cup sugar, one cup water; cook a few minutes; add one cup walnuts or any nuts, lemon juice to taste. Serve with whipped cream.
EXA KERNS.

DIXIE PUDDING

One cup of preserves, one cup of butter, one cup of sugar, one cup of flour, five eggs. Cream the butter and sugar together, add the flour and eggs well beaten; lastly the preserves. Bake in a quick oven. Serve hot with sauce.
MRS. W. A. HORNE.

FRENCH FROZEN PUDDING

Put over the fire one cup white sugar, one pint boiling water, stir until dissolved, then boil five minutes. Separate six eggs. Beat the yolks until light and creamy, pour the boiling syrup over then, beating until cold, then add one pint cream and one teaspoonful vanilla. Start to freeze and when half frozen, add two dozen brandied cherries cut into small pieces. Very fine.

MRS. JOHN PARK DOUGALL.

PLUM PUDDING

One cup beef suet, chopped very fine and free of skin; two cups bread crumbs, dry and sifted until like corn meal;

one cup sugar; one cup seeded raisins; one cup currants, washed and dried; one cup chopped blanched almonds; one-half cup of citron, sliced very thin; four well beaten eggs; one teaspoon of salt; one teaspoon of cloves; two teaspoons of cinnamon; half grated nutmeg. Dissolve a level teaspoon of soda in a tablespoon of warm water; flour the fruit thoroughly from a pint of flour, then mix as follows: Mix eggs and sugar, then into one cup of milk put spices and salt, mix well and then stir in fruit, nuts, bread crumbs and suet, when well mixed, put in dissolved soda; then stir in the remainder of the pint of sifted flour, which will make the other ingredients stick together. Steam for four hours, preferably in tightly covered bucket. Serve with any well flavored sauce.

MRS. FRANKLIN L. MORGAN.

LEMON FOAM PUDDING

Two cups of boiling water, one cup of sugar, two table-spoons cornstarch, juice of one lemon, salt. When this has boiled 15 minutes, pour over the well beaten whites of three eggs. Beat well and let cool. Serve with custard sauce.

MRS. W. N. PERRY.

SUET PUDDING

Three cups of flour, one cup of molasses, one cup of beef suet, one cup of sweet milk, one cup of currants, one cup of raisins, one-half teaspoonfuls of soda, spice, nutmeg, cloves and cinnamon. Beat well together, steam two hours, eat with wine sauce.

MRS. E. A. LOY.

FRENCH PAIN PERDU (LOST BREAD)

So called because made of stale bread, which would be a loss

Six thick slices of stale bread, soaked in sugared milk, flavored with vanilla; drain and dip in beaten egg, fry in hot lard, browning on both sides; sprinkle with powdered sugar and serve hot.

MRS. FRANKLIN L. MORGAN.

SWEET POTATO PUDDING

Cut sweet potatoes in thin slices, put layer of potatoes in pan, salt, pepper and butter, then layer of apples sliced thin. Add potatoes and apples alternately. Make syrup of sugar and water, cover potatoes and apples, put in oven. Bake about fifty minutes.

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"Now good digestion wait on appetite and health on both."
—Shakespeare.

CAKE

ANGEL FOOD CAKE

Whites of nine eggs, one and one-half cups sugar (sifted), one cup flour, one-half teaspoon cream of tartar, pinch of salt added to eggs before beating. After sifting flour four or five times, measure and set aside one cup; then measure one and one-quarter cup sugar; beat whites of eggs about half, add cream tartar and beat till very, very stiff, stir in sugar, then flour very lightly. Bake in moderate oven, 35 to 50 minutes.

MRS. P. H. BRADY.

LAYER ANGEL CAKE

Whites of eleven eggs, one and one-half goblets of sugar, one goblet flour, one-half teaspoon salt, one teaspoon vanilla, one pinch baking powder. Bake in two layer pans.

Filling—One-half cup sour cream, one cup powdered sugar, one cup chopped nuts, almonds, one teaspoon vanilla.

MRS. KATE N. PROVINES.

APPLE SAUCE CAKE

Sugar one cup, flour two cups, apple sauce one and one-half cups, one-half cup of butter or Crisco, chocolate three tablespoons, cinnamon one teaspoon, cloves one-half teaspoon, soda one teaspoon in one-half cup sour milk, raisins two cups, nuts one cup, two teaspoons of baking powder, Mix dry ingredients. Then wet all together.

MRS. G. B. QUARRIER.

APPLE SAUCE CAKE

One cup sugar, one-half cup butter, cream together; one cup unsweetened apple sauce; one teaspoon soda; one teaspoon cinnamon; one-half teaspoon ground cloves; one teaspoon salt; one and three-fourths cups flour; one cup seeded raisins; one-half cup nuts. Dissolve your soda in one tablespoon of boiling water, and stir in cup apple sauce. Mix all ingredients thoroughly. Then add one well beaten egg. Bakeslowly one hour.

ELIZABETH M. GOULD.

BLACKBERRY CAKE

Two cups of sugar, one cup of butter, four cups of flour, whites and yolks of four eggs beaten separately, two cups of blackberry jam, two teaspoons of cinnamon, same of nutmeg, one of allspice, one cup of buttermilk with teaspoons soda dissolved in it. Bake in layers and put caramel filling between them.

Filling: Two cups sugar, one-half cup butter, one of sweet milk, cook until thick enough to string from spoon.

MRS. B. J. BARNHART.

BLACKBERRY CAKE

Three eggs, beaten separately; one cup brown sugar, three-fourths cup butter, two cups flour, one cup jam, three tablespoons sour cream, one teaspoon soda, two teaspoons cloves, cinnamon, allspice and nutmeg. Put soda and cream in last. Bake in layers. Boiled icing.

MRS. ORLANDO HALLIBURTON.

CUP CAKES

Full cup flour, scant cup sugar, two teaspoons baking powder, pinch salt. Break egg in cup, pour over it butter size of walnut melted. Fill cup with milk. Mix well.

MRS. GILBERT WOODILL.

CREAM CAKE

One cup butter, two cups sugar, three and one-half cups flour, one cup cream, four eggs, one teaspoonful cream tartar, one-half teaspoon soda.

SPONGE ROLL

Four eggs, one cup sugar, one and one-third cups flour, three tablespoons water. Beat eggs well before adding flour. Spread jelly and roll while hot.

COFFEE CAKE

Sift together one cup flour, one-half cup sugar, one-half saltspoon salt, one-half teaspoon cinnamon, three teaspoons level baking powder. Mix this into a soft dough by adding the following, well mixed: One egg well beaten,

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four tablespoons melted butter, one-half cup sweet milk. Spread in a shallow bake pan, sprinkle thickly with cinnamon and sugar. Let rise five minutes. Bake in moderate oven.

DEVIL'S FOOD

Two cups pulverized sugar, one-half cup butter, two eggs, one-half cup hot coffee, one-half cup hot water, one-half cup grated chocolate, one teaspoon soda in coffee, two and one-half cups flour.

Filling: Two cups brown sugar, one-third cup butter, one-half cup sweet milk (boiled thick), add one cup hickory nuts chopped fine.

MRS. ORLANDO SHALLIBURTON.

CARAMEL CAKE

One cup of butter, three cups of sugar, four cups flour, three-fourths cup sweet milk, whites of ten eggs. Bake in five layers. Color two with some kind of fruit coloring, pink or green.

Filling for same: Three cups brown sugar, one cup sweet cream, two tablespoons butter. Cook until candied. When cool flavor with vanilla and cream. Put cake together while hot.

MISS ANNA ATKINSON.

DATE CAKE

Four eggs beaten separately, one cup sugar, one cup flour, one-half teaspoon salt, one-half teaspoon baking soda, one-half teaspoon baking powder, one pound dates, one-half pound nuts, vanilla. Bake in slow oven for one hour.

EXA KERNS.

DROPPED CAKES

One-half cup butter, one-half cup of milk, one cup of sugar, one cup of currants and raisins mixed, two cups of flour, two teaspoons of baking powder, one-half cup of nuts, two eggs and spices to suit, one tablespoon of vanilla. It makes thirty or forty little cakes and is so easy to make. Work sugar and butter together, break in eggs one at a time. Drop on greased pan far apart.

MRS. E. A. LOY.

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OLD-TIME POUND CAKE

One pound sugar, one pound flour, three-fourths pound butter, one dozen eggs. Cream sugar and butter very light. Beat eggs separately. Add yolks to sugar and butter, beat, add flour and beat until all is very light, then add whites.

MISS ANNA ATKINSON.

ECONOMICAL SPONGE CAKE

Two eggs, one cup of sugar, pinch of salt, one cup of flour, grated rind of one-half lemon, one-half cup of hot water, one tablespoon of melted butter, one and one-third teaspoons of baking powder. Beat the yolks of the eggs with half the sugar, then add the water and the remaining sugar, lemon rind, flour sifted with baking powder; lastly fold in whites beaten stiff, bake twenty-five minutes in a buttered and floured shallow pan.

EMERGENCY CAKE

One-half cup of sugar, one-half cup milk, one egg, one tablespoon melted butter, one cup flour, three level teaspoonsful baking powder, one-half teaspoonful salt, one teaspoonful cinnamon. After batter is put in pan, sift a little sugar and cinnamon on top. MRS. E. M. SEMPLE.

SOUTHERN FRUIT CAKE

Cream one pound butter, one pint sugar, one pint flour, six eggs, one pound of raisins, one pound of currants, one-half pound citron, ten cents worth dates, ten cents worth dry figs, one pound of English walnuts, one teaspoon cinnamon, one teaspoon allspice, one teaspoon cloves, two nutmegs. Put all of spices in a wine glass of whiskey. One-half teaspoon soda in one tablespoon vinegar. Mix thoroughly and bake in slow oven three hours.

MRS. E. H. MULLEN.

BURNT SUGAR CAKE

One-half cup butter and one and one-half cups of sugar creamed, add yolks of two eggs, one cup of water, add gradually two cups of flour. Beat five minutes. Add two tablespoons of caramel made as follows: One-half cup sugar burned in pan till smokes, take off and throw one-half cup boiling water into burned sugar, place on fire and boil fast, until like syrup. Enough for three cakes.

One tablespoon of vanilla, another one-half cup of flour into which two teaspoons of baking powder has been stirred. Beat well, then add the whites of two well-beaten eggs. Bake moderately.

GEORGIE G. OLDHAM.

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WHITE FRUIT CAKE

One teaspoon powdered mace, one teaspoon cinnamon, one grated nutmeg, one-half wineglass of rosewater, one pound choice white citron, sliced thin; one pound blanched almonds, sliced thin; one grated cocoanut, one-fourth pound candied orange peel, sliced fine; one pound powdered white sugar, one-half pound butter, eight eggs, beaten separately; dredge the fruit in flour, and warm it, having it ready for use.

Mixing: Cream, butter and sugar, and add yolks; beat thoroughly after each mixture. Next add one-fourth of the flour, sifted several times to make it light. Then add one-half of the whites, another quarter of the flour, the rest of the whites, one-fourth of flour. Now stir in rosewater and spices, beat two minutes. Add the rest of the flour, then the fruit; cocoanut last. Stir just enough to mix. Bake three hours in a slow oven and cover with icing.

MRS. ALBERTA RANSONE.

FRUIT CAKE

A receipt used in Morgan family for over sixty years, always given to wife of oldest son and never, to the best of my knowledge, published before.

One and one-quarter pounds of flour, one and one-quarter pounds of sugar, one pound of butter, one dozen eggs, two pounds of prunes, two pounds of currants, two pounds of raisins, one pound of citron, one pound of almonds, one pound of pecans, one wineglass of sherry, one wineglass of whiskey, one wineglass of rosewater, one tablespoon of grated nutmeg, one tablespoon of ground allspice, one tablespoon of ground cloves, one tablespoon of ground cinnamon.

The flour you dredge your fruit with is extra. Mix spices with flour.

The original receipt says, "Bake in a very moderate oven five hours, if baked in one pan, if in two, four hours," but I steam this cake for three or four hours (according to whether in one or two pans), then dry out in a very moderate oven for one hour; this makes an ore moist cake and overcomes danger of burning.

MRS. FRANKLIN L. MORGAN.

WILSON FRUIT CAKE

One pound butter, one pound of sugar (brown), one pound flour browned and sifted, twelve eggs beaten separately, five pounds seeded raisins, one pound shredded citron, one glass grape or currant jelly, one pound crystalized sliced pineapple, one pound crystalized cherries cut up, one pound blanched almonds, shredded; one pound shelled pecans, chopped; two teaspoons powdered cinnamon, one-half teaspoon powdered nutmeg, one-half allspice, one teaspoon scant powdered cloves, one glass sherry or coffee as preferred.

Cream, butter and sugar—add egg yolks well beaten, add spices and liquids; next alternate flour and egg whites, reserving part of flour to thoroughly mix in fruit; add fruit last, part at a time. Bake or steam four to six hours—if steamed in very slow oven, about one hour will make two big cakes.

MRS. W. C. TYLER.

VELVET WHITE CAKE

One-half cupful butter, one cupful fine granulated sugar, one-half cupful of milk, two cupfuls flour (sifted), three level tablespoons baking powder, white five eggs, one-quarter teaspoonful cream of tartar, one teaspoonful vanilla. Cream the butter, slowly add sugar beating in thoroughly. Add a little flour to the butter and sugar, then add a little milk, alternating the flour and milk until all is in. Have the baking powder in the last of the flour. Beat whites well, add cream of tartar to them, and beat to stiff froth. Flavor mixture with vanilla and last fold in whites. To make the cake fine grained do all beating before whites are in. Bake in loaf or layers.

MRS. ALBERTA RANSONE.

PRIZE WHITE CAKE

Whites of five eggs, two tablespoons of Violet Brand Shortening, three light cups flour (sifted), two tablespoons Royal baking powder, pinch salt, one and one-half cups sugar, one cup water, one teaspoon flavoring. Cream Shortening and sugar, add salt and flavoring, alternate with flour (which has been sifted with baking powder) and water. Beat the whites to a stiff froth and add lastly. Bake either in loaf or layers.

MRS. W. N. PERRY.

WHITE LAYER CAKE

Beat together one cup of sugar, one cup of butter. When creamy add three cups of sifted flour, two teaspoonsful of baking powder sifted with the flour and one cup of water; into this mix the whites of six eggs, well beaten, stirring lightly; flavor with vanilla and bake in three cake pans well greased with lard.

Filling: For caramel filling, one cup of brown sugar, one-half cup cream and two teaspoonsful of butter, cook until thick; take from the fire, flavor with vanilla and stir until cool; then spread between layers.

Fruit filling: Boil one cup of sugar, one-fourth cup of water until the sugar threads when dropped from a spoon, then pour briskly on the well beaten white of an egg until smooth; then add one-half cup nuts, one-half cup chopped raisins with one-fourth dozen dried figs cut in thin strips; when all of these ingredients are well mixed, spread between the layers of cake.

MRS. S. R. THORPE.

WHITE LOAF CAKE

One cup sugar, one-half cup butter, whites of four eggs, one-half cup sweet milk, one and one-half cups flour, one teaspoon baking powder, one-half teaspoon vanilla, one-quarter teaspoon salt.

BETTIE E. SMITH HUGHES.

SOUR MILK CAKE—NO EGG

One scant cup butter, one cup sugar, two cups flour, one cup sour milk, pinch salt, one level teaspoon soda.

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one teaspoon cinnamon, one teaspoon cloves, one teaspoon nutmeg, one cup raisins, one cup walnuts. Measure flour after sifting three times. Put milk and soda in last.

MRS. E. M. SEMPLE.

SOUR CREAM CAKE

One cup sour cream, one cup sugar, one egg, one and one-half cup flour, pinch of soda, teaspoon vanilla, two round spoons chocolate or cocoa. Double for large cake.

MRS. E. L. DuBOSE.

SOUR MILK CAKE

Beat one cup sugar and four tablespoons butter to a cream, add three-quarters cup sour milk or cream, two cups sifted flour, one-half teaspoon soda. Stir well, then add beaten whites of three eggs or two whole eggs. Raisins and spices to suit taste. Bake in layers.

MRS. JOHN PARK DOUGALL.

SPICE CAKE

Yolks of seven eggs, two cups brown sugar, one cup molasses, one cup butter, five cups flour, one cup sour cream, one teaspoon soda. Spice to taste.

FINE SPICE CAKE

One egg, two-thirds cup molasses, two-thirds cup sugar, one-half cup melted butter, one cup milk, three cups flour, one heaping teaspoon soda, one even teaspoon cream tartar, one tablespoon mixed spices, one tablespoon vinegar. Mix in order given and use plain whitefrosting.

MRS. W. N. PERRY.

RIBBON CAKE

Cream together one cup butter, two and one-half cups sugar, add one cup sweet milk, four well-beaten eggs, four cups flour, four teaspoons baking powder. Beat thoroughly, then take out one-third and with it mix one tablespoon molasses, one teaspoon all kinds of spices, one cup English currants, one cup raisins, one cup citron cut fine. Bake this in one cake. The white in two. When done place together, with icing—the dark in center and press together.

MRS. P. H. BRADY.

For Best Results Use Golden Crown Butter

STRAWBERRY CAKE

One cup sugar creamed with the beaten yolks of three eggs and one-half cup of butter. Sift together cup and half of flour, two teaspoonsful of baking powder and pinch of salt. Stir into sugar a little at a time, mixing in one-half cup of water. Then stir beaten whites of eggs, vanilla. Bake in quick oven.

Icing: One box strawberries mashed together with one cup of granulated sugar, stir in unbeaten white of one egg and beat with egg beater for half hour. When light and puffy spread on cake. This is nice baked either as three layer or flat cake.

HELENA THORPE.

ROSE LEAF CAKES

One cup of rose petals (red roses are best, but any kind may be used if they are very fragrant), three cups of flour, one cup of sugar, one-half cup butter, three eggs, one cup of milk, two teaspoons baking powder, one-half teaspoon salt. Cream butter, beat eggs and sugar together, very light, add milk and flour, then add the butter. Lastly fold in the rose petals. Baking powder should be sifted in with flour. Bake in gem pans in a moderate oven.

MARION CORNWALL.

PLAIN CAKE

One-half of a pound cold butter, creamed, two cups sugar, four eggs, beaten white and yolks separately, but mixed before added to butter and sugar, three cups of flour, sifted three times, two teaspoons of baking powder, one cup of milk. Bake in stem pan for one hour. This recipe is a very good one to use for small cakes baked in muffin rings or as a loaf cake, but is too rich for a layer cake.

MRS. FRANKLIN L. MORGAN.

PECAN CAKE

One pound sifted flour, one pound sugar, one-half cup butter, six eggs, two pounds raisins, one quart chopped pecan nuts, one large nutmeg, one teaspoon baking powder,

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one large glass whiskey. Mix as fruit cake, bake in moderate over three hours.

MRS. AGNES HALLIBURTON.

PRACTICAL THREE-LAYER CAKE

One cup sugar, one-half cup butter, two eggs, one cup sweet milk, two and one-half cups flour, two and one-half teaspoonsful baking powder, one teaspoonful vanilla. Mix in the order given, adding the beaten whites last.

MRS. G. W. CASE.

PRUNE CAKE

One cup sugar, one-half cup butter, one and one-half cups flour, four tablespoons of sour milk, one teaspoon cinnamon, one-half teaspoon cloves and nutmeg, three eggs (whites of two for frosting), one cup cooked prunes, one cup of chopped nuts, last one teaspoon of soda dissolved in one teaspoon of water.

MRS. E. H. MULLEN.

ORANGE SPONGE CAKE

Four eggs beaten separately, add to whites one-half cup of sugar, add to yolks one-half cup of sugar, grated rind of one orange, juice of one-half Sunkist orange, one cup of flour, one teaspoonful of baking powder. Beat eggs thoroughly. Sift sugar four or five times, sift flour four or five times.

CARROLL LOY STEWART.

NUT CAKE

One cup butter, one and one-half cups sugar, three cups flour, two cups currants, four eggs, two teaspoons baking powder, citron to taste, nuts to taste, almonds especially good, one-half teaspoon salt. Beat eggs, add sugar. Rub shortening and flour, then add currants and nuts. Sift baking powder in flour. Bake in slow oven.

E. PAGE KERNS.

MAHOGANY CAKE

Three eggs beaten together, one and one-half cups sugar, one-half cup butter, one cup sweet milk, two cups

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flour, one teaspoon soda, two squares sweet chocolate, boil in one-half of the milk until thick, then cool. Flavor with vanilla. Bake in two layers, putting your favorite frosting between.

MRS. C. D. SWAIN.

LEMON SPONGE CAKE

Four eggs, two cups sugar, two cups flour, three-fourths cup hot water, baking powder, two small teaspoons. Measure flour before sifting. Sift flour and baking powder three times. Beat yellows till light, add sugar and grated rind and juice of one small Sunkist lemon, then the well beaten whites, then the flour and last the hot water. Bake in a moderate oven about 45 minutes.

MRS. M. E. CHRISTIAN.

LADY BALTIMORE CAKE

Cream together one cup of butter and two of sugar, add to this three and one-half cups of flour well sifted, one cup of milk, two level teaspoonsful of baking powder, sifted with the flour, a teaspoonful of pure rosewater and the stiffly beaten whites of six eggs. Beat the whole vigorously. Bake in jelly tins and for filling use the following ingredients: To three cups of very fine sugar add a cup of boiling water, stir into this one cup of chopped and seeded raisins, one cup of finely chopped pecan nuts (walnuts will answer), six figs chopped fine and beat in the whites of four eggs that have been whipped stiff.

MRS. W. A. HORNE.

HANDY CAKE

One-fifth cup melted butter, add two unbeaten eggs, fill the cup with milk. Second part: One cup unsifted flour (heaping), one teaspoon baking powder, one cup sugar, flavoring. Beat well. Bake in two small layers, or add one cup seeded raisins and bake in muffin rings.

GOLDEN LOAF CAKE

Yolks of eight eggs, one cup granulated sugar, scant one-half cup butter, one-half cup milk, one

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and one-half cups flour, two teaspoons baking powder. Cream Shortening and sugar thoroughly, beat yolks to a stiff froth and mix well. Put in milk then flour and stir hard. Bake in tube pan in moderate oven.

SOUP

POTATO SOUP

Three small potatoes, one pint milk, two tablespoons chopped onions, one teaspoonful salt, one sprinkle pepper, two tablespoons flour, two tablespoons butter. Prepare potatoes and cook without salt until soft. Drain off water and mash. Melt butter, add onion and flour and one cup of milk. Stir over heat until thickened; add this slowly.

CREAM OF TOMATO SOUP

One-half can of tomatoes, two teaspoonfuls of sugar, one-quarter teaspoon of soda, one quart of milk, one slice of onion, four tablespoonfuls of flour, one teaspoonful of salt, one-eighth teaspoonful of pepper, one-third cup of butter. Scald milk with onion, remove onion and thicken milk with flour diluted with cold water. Cook twenty minutes, stirring constantly at first. Cook tomatoes with sugar fifteen minutes, add soda and run through a sieve. Combine mixture and strain into tureen over butter, salt and pepper.

COLD CONSOMME

Make one quart of any unflavored gelatine adding enough beef extract to the hot water used in the gelatine to flavor it nicely. Let harden.

CARROLL LOY STEWART.

VEGETABLE SOUP

Corn beef shank with water and boil two hours, adding water whenever necessary to keep meat covered. Take out meat and skim the soup. Add one Irish potato, one sweet pepper, one turnip, two small onions, one half cab-

bage, two or three pieces of celery, a little parsley, all chopped in small pieces; three small tomatoes, sliced, one cup butter beans, one cup corn, one-third cup rice. Cook slowly one hour. Season to taste and if it gets too thick add water.

EMMA A. LOY.

CLAM CHOWDER

Mince one large slice of pork and fry in iron pot; add one pint of potatoes sliced very thin, and one large onion chopped fine; add sufficient water to cover potatoes and boil until tender; then add content of half pound can of minced clams and four or five rolled crackers. Season to taste; stir carefully, cook for two minutes, then add one pint of milk and serve hot.

CARROLL LOY STEWART.

CHICKEN GUMBO

(Georgia Style)

Boil a chicken in two quarts of water in a tightly covered vessel until very tender, having put in a bay leaf, a little thyme and several pepper corns. Just before it is done sprinkle in a teaspoon salt. Remove the chicken from the stock and cut in small pieces. Into the stock put one-half cup carrots, cubed, one-four cup minced onion, one cup okra cut in small rings, one large or two small chili peppers, chopped, and two slices of bacon cut in small pieces, one cup of Irish potatoes cubed, and four tomatoes cut in small pieces. When done add the chicken and pour into a hot soup tureen. Wash thoroughly one cup rice, drain and sprinkle slowly into three quarts of boiling salted water. Boil twenty minutes, drain and put in hot platter.

To serve place a heaping spoon of rice in soup plate and pour around a ladle of hot gumbo. If any of this should be left, thicken with a few bread crumbs and stuffed sweet peppers; dot with a little butter and bake.

MRS. P. H. BRADY.

OKRA GUMBO

Wipe the okra and cut it in thin round slices. Cut a chicken, put it to fry; when it begins to brown put in a chopped onion, salt and pepper, then add the okra. cover

the pot and let it continue to cook slowly, stirring often and keeping the pot covered. As soon as the okra is soft, pour three quarts of boiling water and let it cook slowly for one hour, this will require one pint of okra after it is cut.

MRS. S. R. THORPE.

GUMBO FILE

(Southern Style)

Put a chicken to fry after cutting it up. When it is beginning to brown, put one chopped onion, salt, pepper and a heaping spoonful of flour. Let that fry about five minutes longer, stirring it to keep it from burning, then pour three quarts of water, boiling. Let cook about an hour and a half, or if the chicken is old, let it cook till it is tender. When ready to serve add the fillet little at the time till it begins to thicken. Let it come to a boil and serve. This is always eaten with rice cooked by following recipe: one cup of rice, one cup of water, one-four teaspoonful of salt. Wash the rice in two or three waters, pick out any grains not white, add water and salt and put to cook. Let it boil hard at first, but as soon as the water begins to dry out, turn the fire very low and place an iron cover between the saucepan and the fire, and let it dry out for half an hour. Never stir the rice, but watch it carefully so it will not burn after the water has boiled out.

MRS. S. R. THORPE.

FRUIT COCKTAIL

One pound of muscat grapes, two grape fruit, one small can grated pine apple, one orange, one tablespoonful of brandy. Seed and skin the grapes, cutting half in two. Cut orange and grape fruit into small bits, removing seeds and skin; put in pineapple and brandy and enough sugar to sweeten it. Serve in sherbet cups as an appetizer.

CARROLL LOY STEWART.

FISH

"How oft we hear of him—the hungry sinner,
Who spends his days in angling for a dinner."

BOILED FISH

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water. A medium sized fish will boil in about half an hour, and when it is sufficiently cooked the flesh will flake and separate. As soon as done take from kettle, remove the cloth, drain well, lay in a folded napkin on hot platter, garnish with lemon points and sprigs of parsley, and serve with drawn butter or fish sauce.

BAKED FISH

Wash and dry fish, salt and pepper. Rub well with butter then with flour, put into a pan with a little hot water, bake in moderately hot oven, baste frequently, adding a little hot water if necessary. Serve on dish garnished with parsley. Make sauce for fish with one pint of milk, two hard boiled eggs, one tablespoon butter. Take yolk of egg, mash fine, add flour enough to thicken milk. Season well with mustard, salt, pepper (black and red), stir with milk and cook to consistency of gravy. Chop white of eggs and add to sauce. Serve in gravy bowl. This is fine.

To fry perch, sprats, or any small fish—Sprinkle them with salt and dredge on both sides with flour. Fry in hot lard and serve hot.

CREAMED SALMON

One pound of salmon, one pint of cream, two large tablespoons of butter, two and one-half level tablespoons of flour, one tablespoon Worcestershire sauce, salt and pepper. Heat salmon and cream in sauce pan, in another the butter and flour; stir until melted and pour into hot cream and salmon, stir until it thickens; then pour into a baking dish and bake fifteen or twenty minutes. Serve hot.

CODFISH CREAMED

Soak two cups of boned confish for twenty minutes in cold water; drain off water, put fish in stewpan with enough cold water to cover well, bring to a boil, drain off water; have three-fourths of a pint of milk hot, pour over fish, a lump of butter size of an egg, and mix a tablespoonful of flour in a little cold milk, add to fish, boil up and serve. Just before serving add a little white pepper.

SARDINES ON TOAST

Take large sardines from the box and drain off all the oil. Carefully skin and bone them. Prepare thin slices of

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crisp buttered toast cut in strips; on each strip lay a sardine. Sprinkle with cayenne and a grating of Parmesan cheese. Put in a hot oven just long enough to heat through and serve at once.

SAUCE TARTARE

One teacup mayonnaise or cooked salad dressing, three olives, one gherkine (small) chopped, one tablespoon capers (chopped), one teaspoon chopped parsley, one teaspoon onion juice. Mix thoroughly.

SHRIMP A LA NEWBERG

Chop two cans shrimps, mix yolks of two eggs, one-half teaspoon salt, one tablespoon Worcestershire sauce, one cup of milk. Cook until thick, salt and add shrimps. Pour over buttered toast or crackers.

MRS. W. N. PERRY.

LOBSTER A LA NEWBERG

Lobster (meat from boiled fresh lobster), milk, one pint, egg one, cornstarch one teaspoon, butter one teaspoon, thick cream one tablespoon, lemon juice one teaspoon, salt and pepper to taste. Beat together the egg, cornstarch and milk, add salt and pepper. Put in the lobster cut in pieces, and butter. Cook until the sauce thickens; then add cream and lemon juice. Serve on crackers or toast.

MRS. VIVIENNE MARTINEZ.

SALMON LOAF

One pound can salmon, drained; rub with two tablespoons butter; beat two eggs lightly; add one-fourth cup bread crumbs; one-fourth cup cream and one-half tablespoon chopped parsley; cayenne and salt to taste. Mix thoroughly with salmon and cook in steamer twenty-five minutes. Serve with sauce. (See sauce following.)

SAUCE FOR SALMON LOAF

Drain liquor from salmon, add one tablespoon melted butter, one-half cup milk, bring to boiling point. Thicken with one teaspoonful cornstarch diluted with two tablespoonsful cold milk. Add four tablespoonsful tomato catsup (if desired), salt and pepper.

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SALMON LOAF WITH PEAS (Luncheon Dish)

One can salmon (red), one egg, salt, one cup cracker crumbs, milk to moisten. Method: Make as for a beef loaf, when moulded tie up in a clean cloth and put in boiling water and cook thirty minutes, remove from cloth to platter, thicken can of peas slightly with white sauce, pour around the salmon loaf. Garnish top with slices of lemon. Saute with lemon sauce.

Two tablespoons butter, two tablespoons flour, one cup boiling water, juice one lemon, make as for white sauce.

MRS. E. L. DuBOSE.

BAKED FISH

Select nice thick pieces of halibut, about four pounds, wash and dry, then dredge with flour, salt and pepper. Place in baking pan, cover fish with one pound canned tomatoes, one sliced onion, one sliced lemon and strips of fat bacon. Place in hot oven and bake one hour, or until fish is well done. Serve with tomato sauce and chopped parsley.

MRS. H. E. MOORE.

SALMON LOAF

One can red salmon, one-half tablespoon salt, one and one-half tablespoons sugar, one teaspoon mustard, yolks of two eggs, one and one-half tablespoons melted butter, three-quarter cup milk, one-quarter cup vinegar, three-quarter tablespoon gelatine in two tablespoons cold water. Mix ingredients. Add egg yolks, butter and vanilla. Cook in double boiler until thick. Remove from fire, add vinegar and gelatine dissolved in cold water.

MRS. E. H. MULLEN.

TUNA LOAF

One can tuna, two eggs, one-half cup cracker crumbs, few broken nut meats, mould into loaf. Put slice of bacon on top and bake.

MRS. E. L. DuBOSE.

SHRIMP ROLLS

Cut some thin slices of bread, removing the crust, and butter. Sprinkle on them a few shrimps from which the shells have just been taken. Roll up each slice, keep them the same size, build them up on platter covered with doilie, garnish with little sprigs of parsley.

MRS. ALBERTA RANSONE.

BAKED FISH A LA CREOLE

Bake fish with just enough water to keep from burning, or sticking to pan; while baking prepare this sauce:

Fry in bacon or ham grease, or lard, one large onion, one large chile pepper, one very small piece of garlic (this may be omitted) all chopped very fine, add can of tomatoes (or equal quantity of fresh tomatoes), into which you have put a pinch of soda and a teaspoon of salt. When this sauce is smooth, add, if desired, one can of shrimp, one can of small mushrooms. After fish is on platter pour over it this sauce and serve at once.

MRS. FRANKLIN L. MORGAN.

OYSTERS

“First month with an R., Lo! September is here,
And with it the oyster to epicures dear.”

BLUE POINTS ON THE HALF SHELL

Wash half dozen shells carefully, then slip a knife between the upper and under shell and open, allowing them to remain on the under shell. Serve on plate of cracked ice with lemon and horseradish.

BROILED OYSTERS

Pick out large fat oysters, dry carefully and season well with salt and pepper, place on the broiler, turn on the other side when browned and drop into a hot dish and pour melted butter over them. Some serve them on squares of buttered toast.

OYSTER COCKTAIL

Mix together eight drops tobasco sauce, one half teaspoonful horse radish, one-half teaspoonful vinegar, one teaspoonful lemon juice, one-half teaspoonful tomato catsup, add eight oysters. Serve in glasses.

OYSTER COCKTAIL

Mix three tablespoons each of tomato catsup, Worcestershire sauce and lemon juice; salt and pepper to taste and add fifty oysters cut in halves. Serve in glasses and eat with fork..

STEAMED OYSTERS

Drain a quart of nice oysters and wash. Place in shallow pan and place in steamer over boiling water; cover steamer till the oysters are plump with edges ruffled. Have some slices of bread toasted nicely, dish oysters on the toast (on well heated dish), add butter, pepper and salt and serve hot.

LITTLE PIGS IN BLANKETS

Take as many large oysters as are desired, wash and dry them thoroughly with a towel. Cut some bacon in thin slices, cover each oyster with them and pin on with wooden tooth picks. Broil or roast until the bacon is crisp and brown. Do not remove tooth picks. Serve hot. Very dainty.

MRS. E. G. ROBINSON.

FRIED OYSTERS

Select large, plump oysters, put them into a colander to drain, wipe dry with a towel, being careful to remove all bits of shell, season well with salt and pepper. Beat one or two eggs, according to the amount of oysters, roll bread crumbs or crackers fine, roll oysters in crumbs, then in eggs, again in the crumbs, fry in plenty of hot Violet Brand Shortening. When cooked on one side turn by slipping knife blade under. Never stick a fork into an oyster, as it makes it tough. When a delicate brown remove from the fat, serve on napkin to absorb the grease. Should be served at once.

MRS. J. E. BUCKLEY.



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Split in half, wash clean and salt and pepper—roll in flour, brown quickly in deep fat—then lift into a kettle in which there is about one-half pint of boiling water under a rack so that the chicken does not touch the water, steam about 30 minutes or until served.

When chickens weigh over one and one-half pounds each, joint and wash clean, salt and pepper, roll in flour, fry moderately fast until a golden brown (do not turn until brown), when browned on both sides cover and let steam very slowly for about thirty minutes or more, remove chicken, stir in large spoonful flour in the grease and brown, add milk for a delicacy, and cover. Salt and pepper to taste. When frying more than one chicken take up as soon as fried, place in bake pan, add butter, cover and place in very slow oven so it will steam slowly for about thirty minutes, or until served.

TO FRICASSEE CHICKEN

Joint a four-pound hen, put in boiling water, stew until tender, remove and roll in flour, brown in butter and then remove again, stir flour in grease, brown it, add the stock that the chicken was stewed in and place chicken into the gravy ready to serve.

MRS. P. M. YOUNG.

ROAST TURKEY

Select a young turkey, remove all the feathers carefully, singe it over a burning paper on top of the stove; then “draw” it nicely, being very careful not to break any of the internal organs; remove the crop carefully, cut off the head and tie the neck close to the body by drawing the skin over it. Now rinse through several waters, and in the last water mix a teaspoonful of soda. After washing wipe the turkey dry, inside and out, with a clean cloth, rub the

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inside with salt, then stuff the breast with "Dressing for Fowls." Then sew up the turkey with a strong thread, tie the legs and wings to the body, rub it over with a little soft butter, sprinkle over with salt and pepper; dredge with a little flour; place in a dripping pan, pour in a cup of boiling water and set in the oven. Baste the turkey often, turning around often so that every part will be uniformly baked. A fifteen pound turkey requires between three and four hours to bake.

TURKEY DRESSING

See that the turkey is cleansed and washed. Salt and pepper it inside. Take a loaf and a half of baker's bread, or take half and half of light bread and corn bread; rub fine with the hands; have in the skillet a lump of butter larger than an egg; cut into this one-half of an onion, let it cook a few minutes, but not brown; then stir in the bread; add one teaspoonful each of salt and pepper; let it get thoroughly heated. Fill the turkey with this dressing and if any is left put in one end of the pan. Put the turkey into a dripping pan, salt and pepper the outside and dredge with a little flour. Put about one coffee cup of water in the pan; baste very often; have a moderate fire; roast fifteen minutes to the pound.

SOUTHERN FRIED CHICKEN

Joint chicken or cut in joints, dip in sweet milk, dredge with white corn meal instead of flour; salt and pepper. Fry in boiling hot fat. (I preferred lard and butter mixed.) Make a cream gravy. Serve with corn fritters made of canner or fresh corn. For three to four, one can of corn or six ears cut. Make a batter same as for hot cakes; put corn, salt and sugar to taste. Pour out of end of spoon into boiling fat. Cook a golden brown and serve.

MRS. J. E. BUCKLEY.

FRIED CHICKEN

Disjoint the chicken. Wash it carefully and salt lightly, put on ice for twelve hours or longer (not absolutely necessary but it improves the chicken), rinse off and wipe dry. Roll each piece in flour, fry in hot lard (I prefer butter and lard mixed), until a golden brown, then add one table-

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spoon of water, cover closely and simmer slowly until water cooks up. If chicken is large turn and add another spoonful of water, cooking slowly, but not so slow that the grease is soaked up. Put on hot platter. To make the gravy put one tablespoonful of flour into the hot lard, stir it well, cook a minute, add one cup cold water and one cup sweet milk, stir constantly, boil for an instant.

MRS. W. A. KERLEY.

CHICKEN PIE

Make pastry not so rich as for puddings. Put chicken on and boil until the meat falls off, then put in pastry and season with salt and pepper. Take the bone and skin and put back into the water. When pastry is finished and meat put in, strain this water and thicken with flour, put butter in this and pour over the meat. Put the top on and cut a hole with a thimble in the top, and when done pour the rest of the thickened water in this hole to keep it from being too dry.

FRICASEE OF CHICKEN, WHITE GRAVY

One chicken, one onion, one tablespoonful of butter, two tablespoonsful flour, one pint fresh milk, salt and pepper to taste.

Clean and cut chicken into joints and clean gizzard, liver and open heart. Put all in a stewpan, after seasoning with salt and pepper. Cover with boiling water, let simmer for an hour and a half or quarter if the chicken is very young, longer if the chicken is old. Add juice of two onions. Cook until tender. When done blend together one large teaspoonful of butter and of flour in a frying pan without browning; add and mix with a pint of milk. Add this to the chicken, mixing and stirring constantly till it boils. Salt and pepper to taste. Take from fire and add the beaten yolks of two eggs and a little chopped parsley. Serve hot.

CHICKEN A LA MARYLAND

Split a small chicken down back as for broiling; remove breast bone and cut off pinions; cut into four pieces; dredge with salt and pepper; dip in egg and fresh crumbs; place in pan and pour over each piece enough melted butter

to moisten. Roast in oven eighteen or twenty minutes.

Make cream sauce, taking cup of Bechemel sauce, adding one-half cup cream and one-half tablespoon butter. Pour sauce in dish and place pieces of chicken on it. Garnish with slices of fried bacon and parsley.

KENTUCKY BROILED CHICKEN

Pound and a half chicken, feathered, drawn and split down the back. Put in water with a tablespoon of salt, over night. Tablespoon each of butter and bacon drippings in frying pan, heated. Dry chicken thoroughly, dredge with salt, pepper and flour, place breast down in frying pan. Put a small plate with a flat iron or other weight on it. Be sure plate is not as large as pan. Cook slowly half hour on each side.

SMOTHERED CHICKEN

One or several broiler size chickens split down back, place in pan, sprinkle salt and pepper over chicken. Flavor with Cover water, boil ten minutes on top of stove, then spread butter over chicken. Place on side of stove, brown lightly, then serve after making gravy with sweet milk, with rice or Irish potatoes.

CHICKEN LOAF

One hen boiled slowly till done, mince quite fine, add three hard boiled eggs, one-quarter teaspoon celery seed, four large crackers, salt and pepper. Mix well, mold into loaf, and press over night.

BETTIE E. SMITH HUGHES.

QUAIL ON TOAST

....Parboil in salt and water to toast on top of stove. Dredge with flour, pepper; spread with butter, run in hot oven, brown golden. Make nice toast browned on both sides. Make a cream sauce with flour or corn starch and sweet milk. Smooth chopped parsley, chopped yolk of one egg or slice. Place quail on the toast, pour cream dressing, add chopped egg or sliced on toast and serve.

CREAMED RABBIT

Parboil salt water with red until tender, then remove and roll in flour and milk or flour and egg. Fry in boiling hot fats. Make gravy with the liquor with corn pop-over and potatoes.

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“But man is a carnivorous production,
And must have meat, at least one meal a day,
He cannot live, like woodcocks, upon suction,
But like the shark and tiger, must have prey.”
—Byron.

ROAST BEEF

Take a rib piece or loin roast of four pounds. Wipe thoroughly all over with a wet clean towel. Lay in a dripping pan, and baste it well with butter or suet fat. Set it in a hot oven. Baste frequently with its own drippings, which will make it brown and tender. When partly done season with salt and pepper, as it hardens any meat to salt it when raw, and draws out its juices; dredge with sifted flour to give it a frothy appearance. It will take about one hour and a quarter to be properly done, leaving the inside a little rare or red. Remove the meat to a hot dish, set where it will keep hot. Then skin the dripping from all fat, add a tablespoonful of flour, a little pepper and a teacupful of boiling water. Boil up once and serve in a hot gravy boat.

FILLET OF BEEF WITH MUSHROOMS

Lard the fillet, put in a baking pan with a slice of onion, a bay leaf, a sprig of parsley, a small carrot sliced, and half a cup of stock. Put a tablespoonful of butter over the fillet and bake in a quick oven for thirty minutes, basting frequently. Dish the fillet; add two tablespoonfuls of flour to the fat in the pan, mix; add a pint of stock, a teaspoonful of browning sauce, strain; add one can mushrooms, a teaspoonful of salt, a dash of pepper. When boiling pour round the fillet and serve very hot.

ROAST FRESH PORK

Season with salt, sugar, pepper, a little powdered sage if liked; put in roasting pan in oven. As soon as meat begins to brown, baste every fifteen minutes with hot water seasoned with salt and pepper. Pork requires very thorough cooking to render it wholesome or palatable. Pork should be cooked longer than veal.

BAKED HAM

Put a ham butt in cold water, then boil slowly (one-half hour for each pound), changing the water when half done. Remove the rind, insert cloves in the soft fat, cover thickly with brown sugar. Place in baking dish with little water and bake for one-half hour.

MRS. F. C. MILLER.

FLANK STEW EN CASSEROLE

Take about one and one-half pounds of veal flank, and small piece of suet, cut into pieces about two inches square. Put suet in hot skillet and add pieces of veal and brown on both sides. Place in casserole and dredge well with flour, salt and pepper. Then slice one large onion and brown in skillet with some of the suet fat. Add one can of tomatoes and one chopped bell pepper. Let come to a boil, then pour over the veal in the casserole. Add pepper and salt to taste and bits of butter. Cover and bake in over about one and a half hours.

MRS. H. E. MOORE.

ROAST LEG OF LAMB WITH MINT SAUCE

Remove the caul, wipe meat with wet cloth, sprinkle with salt and pepper, place in hot roasting pan and place in hot oven. The heat in oven should be reduced after the first thirty minutes of roasting. It will take about one and three-quarters to two hours for roasting. Serve with mint sauce.

Gravy: Drain off all but three tablespoons of fat from the dripping pan, dredge into it three tablespoons of flour and brown well. Add one pint of cold water, cook slowly, stirring constantly until thick and smooth. If made carefully this will require no straining.

Mint Sauce: Four tablespoons of minced mint leaves, one tablespoon of sugar, one-half teaspoon of salt, six tablespoons of vinegar. Place mint in small covered bowl or cup and cover with sugar; let stand one hour. Add salt to hot vinegar and pour over mint; let this infuse for ten minutes before serving.

MRS. ALVA B. STEWART.

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SOUTHERN RED MEAT OR RARE ROAST

Six or eight pounds of beef. Insure by washing, place in roast, sprinkle black pepper over, rub salt in well with both hands, place in roaster with water half full, cut two lemons in thin slices, places on top of meat, one whole onion, sprinkle spice over the whole, place inside of slow, baste every twenty minutes, cook in a very hot stove, 45 minutes. Turn meat the second time. Slice and serve hot with artichoke vinaigrette. Select four medium sized artichokes, remove the hardest lemon from the base pan, the bottom will tie separate with strings, tie to each bunch a slice of lemon and boil in salt until outside leaves detach, let them get cool in thier own liquor and set off on a napkin or drain, then serve with vinaigrette separate.

BEEF LOAF

Two pounds ground beef, one-half pound ground pork, four slices stale bread, four green chili peppers, one large onion, one large tomato, one egg, one teaspoon salt. Soak bread in milk or water then squeeze as dry as possible. Peel onion and tomato and chop with peppers very fine. Then mix all ingredients thoroughly and make into loaf about two inches thick. Bake in hot oven three-quarters hour. Makes a very pretty dish if a poinsettia is arranged on top, made of canned pimientoes. Garnish with parsley.

MRS. C. P. OLDHAM.

VEAL LOAF

Two pounds veal, one pound fresh pork, chopped fine, season to taste with salt and pepper. Add three eggs unbeaten, twelve soda crackers, mix and bake in loaf.

MRS. JOHN PARK DOUGALL.

SPAGHETTI AND HAMBURG STEAK

Cook four bunches of spaghetti in clear water until done, slice and fry two onions in butter, make out in cakes two pounds of hamburg steak, fry brown in same pan, slice three good sized tomatoes and two chili peppers over the meat, then the spaghetti, salt to taste, set on stove and let simmer until well done.

MINNIE G. NEIGHBORS.

SPANISH STEAK

Sear a flank steak on both sides, then put in a baking pan and cover with the following: One can or a dozen large tomatoes, one chili pepper, one medium sized onion, salt, pepper and a little sugar, bake three-quarters to one hour in medium oven.

MRS. H. C. WARDEN.

FRIED FLANK STEAK

Poorest steak in beef. If cooked properly is very palatable and most tender. Have butcher to score steak well. Dderge with bacon drippings, salt, pepper and flour. Put in frying pan with a tablespoon of bacon drippings. Care closely, fry slowly for half hour on each side. If pan is not kept covered closely every minute, except when turning, steak will not be tender.

Gravy: Put two tablespoons flour in dripping after taking steak up, brown well, add one cup milk, and stir until smooth and thick.

CHOP SUEY

One pound of hamburger or ground pork, one ten-cent box of macaroni, one-half can of tomatoes, two or three large onions cut up fine. Fry meat and onions in butter, cook macaroni, then mix all together, and put a layer of mixture, then layer of cheese, using two or three layers with cheese on top. A pound of cheese in all. Bake slowly three-quarters of an hour.

GEORGIE G. OLDHAM.

BRAINS AND MUSHROOMS

One small can mushrooms, one set of brains, one small can pimientos. Cook brains and mushrooms separate, make rich cream dressing and stir all together. Bake in ramkins set in water. Cover with rolled crackers.

MRS. F. A. CHASE.

CREAMED TONGUE

A slab of butter in the spider, one onion chopped fine, brown a little then add one tablespoon flour and one cup milk, enough to make a thick gravy. Add one-half can mushrooms cut small, twenty cents worth of boiled tongue

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in squares. Just cook mushrooms and tongue long enough to heat. Serve on toast.

MRS. W. N. PERRY.

DOBE ROAST—CREOLE

Into two tablespoons of bacon fat or butter, brown one very large onion, three chili peppers and two tablespoons of flour, then add two cups chopped tomatoes, either fresh or canned. Cook until a paste then add one pint boiling water and pour over a pot roast which has been placed in a casserole or a cover pot and cook slowly until very done. Just before taking up add the salt.

MRS. P. H. BRADY.

GENERAL ROBERT E. LEE'S FAVORITE DISH

Use for this one pint of left-over chicken, turkey or meat of any kind, three or four toasted crackers, two hard-boiled eggs, two small cucumber pickles or two spoonfuls of chow-chow pickles, three cold boiled Irish potatoes, two or three stalks of celery or two teaspoonfuls celery-seed, one-half teacupful sugar, pepper and salt to taste, two raw eggs and one-half cupful sweet milk or meat gravy left over, mixed, with two tablespoonfuls of strong vinegar.

Cut the meat off the bones, add pickles, celery, potatoes and boiled eggs and run through the meat-chopper. Put into a bowl, sprinkle in the sugar and spices and mix thoroughly before adding the raw eggs beaten with milk or gravy. Add the two spoonfuls of vinegar, pour over the meat, and when thoroughly mixed turn into a deep, well-butter pan. Cook slowly in oven until a nice brown, turn out on a steak-platter, slice and serve, either hot or cold, with brown gravy or mayonnaise.

What is left over can be served for an appetizing breakfast dish.

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SALADS

A Spanish proverb says: "To make a perfect salad there should be a miser for vinegar, a spendthrift for oil, a wise man for salt, and a maniac to stir it."

EGG SALAD

Boil eggs, take yolks and mash until smooth, add pepper, salt, mustard and celery seed, a little lamb, veal or chicken, also a little cabbage if you have it. Mix with mayonnaise and fill white. Arrange on crisp lettuce leaves with stuffed olives as a garnish.

WALDORF SALAD

Use large red apples, remove all the rind, leaving the unbroken cups. To the apple taken out, chop and mix an equal quantity of celery and a third as much nuts. Mix into a cream dressing and fill the cups covering the opening with dressing.

CHICKEN SALAD AU VERSAILLES

Boil two chickens. Remove meat and chop in small cubes. Add one cup chopped celery, three-quarter cup pate de foies gras, three tablespoons chopped onions, one teaspoon salt, one-half teaspoon black pepper, dash of cayenne, one teaspoon paprika, four tablespoons sherry. Serve cold with mayonnaise to which has been added 3 tablespoons of claret.

FLORENCE BRADY.

MARSHMALLOW SALAD

Ten cents marshmallows, one-half pint double cream whipped, two large spoons mayonnaise, four or five rings of pineapple, several pieces of pimientos, nuts if wanted.

Cut marshmallows, pineapple and pimientos in small pieces, whip cream, mix all together early in the morning. Set in ice box until wanted. This is very nice.

MRS. F. A. CHASE.

STUFFED EGGS LA PARIS

Remove the yolks from twelve hard boiled eggs, mix

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yolks well with two tablespoons grated celery, four tablespoons grated cheese, one-half clove of garlic, chopped salt and pepper to taste, two tablespoons Madeira wine.

Refill whites and garnish with parsley. Serve very cold.

FLORENCE BRADY.

PINEAPPLE AND CHEESE SALAD

Placed sliced pineapple in the heart of lettuce leaf. Pour a tablespoon of mayonnaise over this, then sprinkle mound shaped grated cream cheese. Add maraschino cherries if desired.

ELIZABETH M. GOULD.

PINEAPPLE SALAD

One can sliced pineapple one box of strawberries, two oranges, one cup of sugar, one-half cup of sherry wine, one-half cup of orange juice, one can marshmallows. Place on ice. Serve on lettuce leaf with whipped cream dressing.

MINNIE G. NEIGHBORS.

LOBSTER SALAD

One can of lobsters, same quantity of celery. Mix mustard, cayenne pepper to taste. Add yolks of three eggs (hard boiled), one tablespoonful sherry wine and mix well. Pour over lobster and garnish with parsley. Sprinkle lightly with salt and sherry wine.

SHRIMP SALAD

Same as lobster salad, but substitute beer for the sherry.

FLORENCE BRADY.

TOMATO SALAD

One boiled tongue, pulp of 10 or 12 large tomatoes, one-quarter of a bottle of chow chow, three large cucumber pickles, four hard boiled eggs chopped, salt and pepper. Cut the tops off the tomatoes and stuff them with the salad. Set on ice before serving. When ready to use put a teaspoon of mayonnaise on top of each and set in lettuce leaf.

MRS. ALBERTA RANSONE.

FRUIT SALAD

Take a tender cooked beet, hollow it out to make a cup, fill it with chopped apple, celery, pecan nuts, (walnuts

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will answer), chopped very fine and on top a tiny ball of cream cheese and thin, cover the whole with a French dressing, and place on a crisp lettuce leaf. Serve one for each place.

MRS. W. A. HORNE.

FRUIT SALAD

One apple cut in dice, one orange two bananas, two slices pineapple, two dozen blanched almonds cut up, six marshmallows. Mix with mayonaise dressing or fruit salad dressing

MRS. H C. WARDEN.

FRUIT SALAD

Two dozen English walnuts, two dozen white grapes, two large oranges, one can of sliced pineapple, three bananas, one cupful of sugar two tablespoonful of lemon juice, one-half cupful of orange juice, maraschino cherries. Arrange on lettuce leaf and pour over it dressing of one-half cup of Maderia wine, one cup of sugar, two tablespoons of lemon juice. The whites of eggs whipped well and flavored can be used as a dressing.

MRS. MINNIE G. NEIGHBOR.

DELICIOUS FRUIT SALAD

One grape fruit, one orange, one-half cup pineapple, two bananas, one-half dozen marshmallows, whipped cream. Boiled dressing (made without mustard). Shred the grape fruit and orange pulp, add the pineapple and bananas, cut in small cubes, and the marshmallows cut into bits. To each serving allow one tablespoon salad dressing and two tablespoons of whipped cream.

CARROLL L. STEWART.

CUCUMBER WELLS

Pare fresh, firm cucumbers and cut into two inch lengths, hollowing them out to form tiny wells. Drop into boiling salted water and let simmer gently until tender. Drain and chill thoroughly, fill with cold minced chicken, lobster, or salmon; mask with mayonnaise and serve cold with a pinch of finely chopped radish parings, topping each. Place on paper doilie and garnish with sprigs of parsley.

MRS. VIVIANNE MARTINEZ.

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ST. PATRICK SALAD

One-half Knox geletine, two cups of hot water, one-third cup of vinegar, juice of one lemon, one-half cup sugar, one chopped cucumbers, one cup grated pineapple. Tiny speck of green fruit coloring.

WHIPPED CREAM SALAD DRESSING

Yolks of two eggs, juice of two medium sized lemons, one-fourth teaspoon of salt and two teaspoonful of sugar, one-half pint whipped cream. Beat yolks thoroughly and add remaining ingredients, cook in a double boiler until thick. Let cool. Just before serving add one-half pint of cream, whipped stiff. Serve with any combination of fruit salads.

MRS. G. W. CASE.

COOKED SALAD DRESSING

Four teaspoons butter, two tablespoons flour, two tablespoons sugar, one cup milk; mix well. Put in double boiler and cook until it thickens.

Add—Second half. Three eggs well beaten without separating, one teaspoon salt and one teaspoon Coleman's mustard, two tablespoons sugar, one-half cup garlic-vinegar or plain vinegar if preferred. Cook to consistency of cream. Will keep indefinitely.

BOILED SALAD DRESSING

One tablespoon mustard, two tablespoon flour, one teaspoon salt, one-third cup sugar, one-third cup of vinegar, two-third cup of water, four eggs, one-fourth cup of butter. Mix all dry ingredients with eggs. When perfectly smooth, add vinegar and water. Boil slowly in double boiler. When almost done, add one-half pint either sweet or sour cream. For small family, one-half this amount is sufficient.

BETTIE E. SMITH HUGHES.

SALAD DRESSING

Use three parts of oil to one of acid (either vinegar or lemon juice). The regular recipe calls for a cup of oil for every yolk but this makes such a stiff dressing that I do not use more than two-thirds cup of oil. Beat the yolk stiff and then add oil by the tablespoonful and beat vigorously and add more oil—thin your dressing more and then with the acid as you go along. Have oil, eggs, etc., very cold.

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I like to add a tablespoonful of whipped cream—add salt, mustard to suit your own taste.

MRS. E. A. LOY.

SALAD DRESSING

Two teaspoons of sugar, one-half teaspoon of mustard, one-half teaspoon of salt. Rub a clove of garlic in mixing bowl, Worcestershire sauce to thicken, then add olive oil a little at a time and vinegar to taste. This is delicious over lettuce.

MRS. W. E. SPROUSE.

WHIPPED CREAM SALAD DRESSING

For Fruit Salad

Three tablespoons sugar, one teaspoon mustard, one-half teaspoon salt, a little white pepper and paprika, butter size egg, yolks of three eggs. Cook in double boiler till thick as mush. Take off stove and add juice of one lemon. When cool and ready to serve add one-half pint whipped cream.

MRS. W. N. PERRY.

STUFFED ROLLS

Scald one cup milk, add two tablespoons butter; when lukewarm add one teaspoon salt, one yeast cake dissolved in two tablespoons lukewarm water, and one and one-half cups flour. Let rise, add flour to knead, pat and roll out, shape with a biscuit cutter, arrange on a buttered sheet three-quarters inches apart, let rise, brush over with white of egg, and bake in a moderate oven. Remove tops and centers and fill with the following:

CHICKEN SALAD

To two cups cold boiled fowl cut into one-half inch dice, add one and one-half cups celery cut in small pieces and moisten with:

BOILED DRESSING

Mix one-half tablespoon salt, one teaspoon mustard, one and one-half teaspoons sugar, a few grains cayenne, and one-half tablespoon flour, add yolks two eggs, slightly beaten, one and one-half tablespoons melted butter, three-fourths cup milk and one-fourth cup vinegar. Cook over boiling water until mixture thickens.

Use level measurements.

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VEGETABLES

“O little green things growing, we hear the first faint
stirring
Of roots beneath dark mold that hides the plants from
sight;
They know that spring is coming; they hear the birdwings
whirring,
And every one yearns upward toward the sweet warm
light.”

LETTUCE

Select nice, fresh heads, look over carefully, put into cold water long enough to make the leaves crisp; lay on a flat dish and cover the top with slices of hard boiled eggs. This is eaten with vinegar, pepper and salt, or mayonnaise dressing.

CUCUMBERS

Select medium sized cucumbers of a green color, pare, cut off the hard end near the stem, and slice thin; let stand a half hour in cold salt water. Serve with chopped ice, vinegar, pepper and salt.

STUFFED PEPPERS

Cut ends from large green bell peppers, remove seed. Then boil about five minutes. Stuff with any kind of cold meat chopped, mixed with bread crumbs and seasoned with onions, parsley, salt and pepper. Bake. On removing from oven sprinkle grated cheese on top.

MRS. ALBERTA RANSONE.

ONIONS AU GRATIN

Select white onions of uniform size; peel them, cover with boiling water and let stand for five minutes. Drain, cover with boiling salted water and simmer until they are quite tender. Prepare a white sauce, using for one quart of onions, one tablespoon and half of butter, the same of flour, two-thirds of tablespoon of salt, one-third of a teaspoon of pepper and one and a half cups of milk. When the onions are tender drain them and arrange in buttered baking dish.

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Into the sauce stir three tablespoons of grated mild cheese and pour it over the onions. Sprinkle with buttered crumbs and place in a hot oven until browned.

FRIED ONIONS

Slice onions after removing the dry skins, about one-sixth of an inch thick. Cover the bottom of a frying basket with these slices and fry in hot grease until a rich brown. Shake the basket to free them from grease and dust lightly with salt and pepper. Serve with beef steak.

MASHED POTATOES BROWNED

Mash potatoes, which have been boiled until thoroughly done; add lump of butter, a little sweet milk and salt to taste. Heap on shallow baking dish and smooth, sticking in bits of butter. Place in hot oven and brown.

POTATOES AU GRATIN

Boil six medium sized Irish potatoes in skins, make white sauce, one tablespoon butter melted, one tablespoon flour, add cup of milk, until smooth. Sauce: Stir one cup grated cheese, peel potatoes and slice layer of potatoes, salt, then fill in alternate layers. Put pepper, butter and paprika on top, brown in oven twenty minutes.

MRS. E. L. DuBOSE.

BAKED CORN WITH TAMALE

One can corn, one can chicken tamale. Mix corn and tamale in baking dish, put in few lumps of butter and season with salt. Bake for fifteen or twenty minutes.

CARROLL LOY STEWART.

CORN OYSTERS

One can of corn, four broken crackers, one-fourth spoon pepper, salt and butter to season, one egg, one tablespoon cream. Simmer corn few moments first, then put in ingredients. Drop in deep fat and brown.

MRS. E. L. DuBOSE.

CORN FRITTERS

Milk, two tablespoonfuls; egg, one, slightly beaten; flour, one-half cupful; baking powder, one-half teaspoonful; salt, one-fourth teaspoonful; corn, one cup seasoned to taste. Mix and sift the flour, baking powder and salt. Add the milk to the beaten egg and mix into the sifted flour to

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a smooth batter. Season corn and add to the batter. Drop by tablespoonfuls into deep, smoking hot fat, and fry to a delicate brown. Drain on brown paper and serve in a hot dish in which is a folded napkin.

MRS. VIVIENNE MARTINEZ.

SUMMER SQUASH, SPANISH

Take three or four squash, one medium sized onion, one tomato, two green chili peppers. Cut all up together and cook until tender, salt to taste, sprinkle grated cheese over top and place in the oven a few minutes. This is delicious.

CARROTS

Pare and dice carrots also one bell pepper, cook together until tender and pour over this a cream dressing.

GREEN CORN PUDDING WITH CHICKEN

Boil six large ears of corn; slice the grains off, commencing with a very thin coat of the outer grains. Boil a spring chicken until quite tender, salt, pepper and flour each piece of the chicken. Beat four eggs with a small cup of butter, a spoonful of pepper and salt; add to the corn, making a thick batter with the top of the chicken water; place the batter in a large buttered baking dish; lay the floured pieces of chicken carefully down into the batter; sift a little flour over the top of the batter, but not on the side of the dish. Bake it until the bottom, top and sides are a light brown.

MRS. W. A. HORNE.

SOUTHERN CORN PUDDING

Six nice ears of corn, cut down each row of grains, then cut off of cob and scrape cob so as to get the juice. Add two beaten eggs, salt, pepper and about teaspoonful of butter and enough milk to make it quite thin. Bake about one-half an hour.

MRS. B. F. CHURCH.

BAKED CORN

One can corn, beat two whole eggs, one cup finely chopped cheese, one bell pepper cut up fine, one-half cup sweet milk. Put altogether in pan and bake in slow oven.

ESCALLOPED CORN

Cover the bottom of baking dish with canned corn; put in a layer of bread crumbs, salt, pepper and butter to taste;

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then another layer of corn, covering with bread crumbs, seasoning and butter; add milk enough to make moist and put in oven and bake.

SPANISH BEANS

Put to soak over night one quart pink beans, in morning boil up with one-half teaspoon soda, until the skins crack when blown on. Drain and rinse well. Put on to boil with one-half pound of pork and a dozen little chili capino peppers, two large or three small cloves of garlic. Fry three or four slices of bacon, add two-thirds can of pimentos, one large onion; when fried add some bean juice and boil for a few minutes, stirring often. Then add this to the beans, and boil for two or three hours. One-half hour before serving add one full can of tomatoes, salt to taste.

MRS. JOHN PARK DOUGALL.

SPANISH BEANS

One good pint pink beans, wash and soak over night. Next morning put on to boil in same water with a good-sized pinch of soda. Boil till tender, but not too long. Pour off water and wash through several hot waters. Then mix with one can tomatoes, one bunch celery, one onion, one chili pepper, sugar, pepper and salt, three or four slices bacon and cover with hot water. Cook slowly two or three hours.

MRS. H. C. WARDEN.

GREEN TOMATOES EN SURPRISE

Chop one-half dozen medium size green tomatoes and simmer until tender, skimming out skins. Same out of white onions until tender in separate vessel. Mix after tender, adding salt, pepper, paprika, butter, cook few moments and serve.

MRS. E. L. DuBOSE.

BAKED TOMATOES

Select large perfect tomatoes, remove stem end. Make a small cut both ways across top, fill with finely chopped onion and green pepper, season well with salt and pepper. Add small bits of bacon, as much as tomato will hold. Cook slowly until tender. Searve immediately. Good served in combination with Boston baked beans and baked potatoes.

DIXIE WILLIAMS FARNSWORTH.

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SWEET POTATO CROQUETTES

One pint of mashed sweet potatoes, add one tablespoon of butter, one teaspoon of salt, one-half teaspoon of butter, one teaspoon of salt, one-half teaspoon of pepper, one tablespoon of chopped celery (if you like). When cold form in croquettes and dip in the yolk of egg, roll in cracker crumbs and fry in deep fat.

MRS. W. E. SPROUSE.

ASPARAGUS A LA MILANESE

Boil asparagus in salt water. When tender, drain, place on deep platter, sprinkle with grated Parmesan cheese and pour beaten eggs, one for each person, over all. Season well with butter. Place in hot oven until eggs are done.

DIXIE WILLIAMS FARNSWORTH.

EGG PLANT

Cut the egg plant in two lengthwise, then with a sharp knife remove every bit without disfiguring the shell. Boil the egg plant in salt water till tender. While that is cooking ornament the shell by notching or scalloping, with a sharp knife around the edge. Drain the egg plant, add one well beaten egg, one onion chopped fine, one spoonful of sugar, butter the size of an egg, pepper, salt and return to the shell put in oven to brown well.

MRS. W. A. HORNE.

SAUCE FOR ITALIAN PASTES

Three pounds lean beef, one onion chopped fine, one handful dried mushrooms (soak in hot water until soft, then chop fine), one-half can tomatoes, spoonful rosemary, spoonful thyme, one-half can olive oil, one pound butter. Heat oil and butter, put meat in, brown well, season with pepper, salt. Add onions and mushrooms. Cook until onions are rich brown, add tomatoes and thyme. Simmer on slow fire for several hours, adding stock or boiling water to keep from boiling.

DIXIE WILLIAMS FARNSWORTH.

ITALIAN TOMATO SAUCE—"SHELL" MACARONI

1. Beef pot roast, browned in lard or butter (no water.)
2. Add about one can of tomatoes; chop fine, mint—Italian, parsley, onion or garlic, chili if liked hot; cook all together

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slowly and for a long time; add a little water if too rich when cooked. 3. Macaroni, put into water which is boiling vigorously, strain through colander when cooked. 4. Put layer of hot macaroni, grated cheese, tomato sauce, until baking pan or casserole is filled. Ready to serve.

E. PAGE KERNS.

SPAGHETTI, SPANISH

Spaghetti, one box; tomatoes, one can; hamburg steak, one and one-half pounds; bacon, seven slices; onions, one large; pepper colas, eight, cut fine. Cut bacon and onions fine, fry till brown, then add tomatoes, pepper colas, salt, steak and cook till meat is about done. Now add the spaghetti, which has previously been boiled till tender and washed thoroughly in cold water, cook about half an hour. Just before taking from fire add about half pound grated Parmesan cheese.

MRS. VIVIENNE MARTINEZ.

BOILED RICE

Have four cups water boiling rapidly in an uncovered stew pan. Add one cup well washed rice slowly so as not to stop the boiling. Boil so rapidly that the kernels fairly dance in the water. Cook from twenty to thirty minutes, depending upon the age of the rice and add more water if necessary. Test often and the moment the grains are soft and before the starch begins to dissolve and cloud the water pour into a colander. Drain and stand the colander on a pan and place in oven where the heat will pass through the rice, or return to kettle and stand over a slow fire, shape in kettle so as to let steam escape and the kernels become dry and sweet and each grain will be separate. Be careful not to cook the rice enough to burst the grains, as nothing can prevent them from sticking together. Plain boiled rice is served with mutton or lamb and poultry of all kinds; as a starchy accompaniment to dishes made of dried peas, beans and lentils.

MRS. J. E. BUCKLEY.

SPANISH RICE

One and one-half cups of boiled rice, two or three slices of bacon, chopped into small pieces, one good sized onion, three medium sized tomatoes, two green hot peppers. Fry bacon, add onions, stir until tender, then add tomatoes

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peeled and cut up, and peppers and rice. Mix thoroughly, put in baking dish and bake until all the juices are absorbed and the rice is dry. Season with salt.

MRS. W. A. BROWN.

PILAF (TURKISH)

Into double boiler put one cup rice, one cup stock, one cup tomato, one scant teaspoon salt. When tender saute with two tablespoons butter, add a little paprika and if you like, a little curry powder.

SPANISH RICE

Saute one cup rice in two tablespoons of bacon fat or butter, into which has been placed two chili peppers chopped fine and two tablespoons of chopped onion, add two cups of tomato juice and cook until rice is rather dry, season with salt.

PAULINE CANTRELL BRADY.

BREAD

“Man must not live by bread alone, but by every word of God.”

BREAD

Original way to make biscuit. Two cups of flour, two teaspoons of baking powder, one rounding tablespoon of shortening, one cup of sweet milk. Sift flour and baking powder together, rub in shortening, then milk. Mix thoroughly, turn out on floured board and knead well. Bake in moderate oven. Will not hurt to let stand, in fact I think it improves them to stand a few minutes.

MRS. W. A. BROWN.

KENTUCKY BISCUIT

Four cups of unsifted flour, four tablespoons of lard, one teaspoon of salt, one cup of ice water. Rub lard into flour thoroughly. Add water gradually and work till the dough blisters and snaps. Make out into balls, flatten with rolling pin. Stick with fork and bake in hot oven. Should bake about fifteen minutes.

MRS. M. E. CHRISTIAN.

GEORGIA SWEET POTATO BISCUIT

One pint of flour, one pint of potato, one-half cupful of granulated sugar, one tablespoon butter, one teaspoonful of soda, and buttermilk to mix. The potatoes should be baked, instead of boiled, and run through a meat-chopper before measuring. Mix the dough and allow to stand several hours before making out the biscuit. Bake slowly in a moderate oven.

This is the recipe of an old negro cook, famous in antebellum days.

VIRGINIA BEATEN BISCUIT

One quart of sifted flour, one teaspoon of salt, one-fourth pound of butter, milk to moisten. Put flour in a bowl, add the salt, then rub the butter into it with the hands, add the milk gradually until just moist. Work and knead until smooth and elastic, then put the dough on a block and beat until full of bubbles. Roll one-half inch thick, cut in small round cakes, stick with a fork, and bake in a quick oven, a light brown.

SCOTCH SCONES

Four cups flour, one egg, five tablespoons melted butter, one tablespoon sugar, one-half teaspoonful salt, one scant teaspoon baking soda, two scant teaspoons cream tartar, enough sweet milk to make soft dough. Divide into five pieces, roll each piece out separately, and cut with sharp knife into four equal pieces (any shape you like). Bake in hot oven. Currants or raisins may be added if you like. This makes twenty small scones.

MARION CORNWALL.

BROWN BREAD

A.—Two cups graham flour, one cup white flour, one teaspoon baking powder, one teaspoon salt, one cup of nuts and raisins.

B.—Two cups of sour milk, one teaspoon soda.

C.—One-half cup of molasses, one-half cup of sugar.

Add B to C, then add A. Bake one hour in moderate oven.

MRS. E. H. MULLEN.

POTATO ROLLS

One cup mashed potatoes, one cup granulated sugar stirred in while potatoes are warm, one cake compressed

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yeast soaked in one cup warm water. Stir these together at night and let rise until morning.

Four eggs beaten, one cup butter. Add this to sponge that has raised over night. Do not stir, but mix with hands adding flour until you have a soft dough; roll out as for biscuit.

If to be used at noon set in a warm place to rise during the forenoon as they must be very light.

They may be set away in a cool place and not allowed to rise until about three hours before baked. Grease pan and do not put too close together in pan. Put melted butter and powdered sugar on top just before they are done.

HEALTH BREAD WITH YEAST

One quart lukewarm water, one-half cake of yeast (compressed), one tablespoonful of salt, one-half scant cup of molasses, one level teaspoon of baking soda, white flour, and graham flour as directed below.

Mix lukewarm water, one-half cake compressed yeast, one tablespoonful of salt and enough white flour, perhaps one quart, to make stiff batter. Let stand in warm place until light and foamy. Take scant one-half cup of molasses, stir in level teaspoon of baking soda, add enough warm water to fill cup, stir in bread, then add graham flour enough to make good stiff batter. Fill good deep pans half full, let rise until pans are level full, then bake one-half to three-quarters of an hour.

MRS. EMMA A. LOY.

BRAN MUFFINS (Health Bread)

Two cups bran, one and one-quarter cups sour milk (with some cream), one teaspoon soda, one teaspoon salt, one cup chopped walnuts, one or two eggs. Put milk, soda and salt together, stir in bran and nuts, beat eggs lightly and add. Bake in muffin pans.

EMMA A. LOY.

BRAN BISCUIT

Two cups graham flour, one cup white flour, one cup bran health flour, two tablespoons shortening, one teaspoon soda, one-half cup sugar.

MRS. FANNIE WRIGHT.

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WAFFLES

Two cups of cold sweet milk, three cups of flour, two tablespoons of melted butter, two teaspoons baking powder, one teaspoon salt, two eggs. Mix milk in gradually, add butter, then yolks, lastly whites beaten stiff. Bake at once.

NUT BREAD

One cup sugar, one cup milk, one egg, one cup nuts, four cups flour, four teaspoons baking powder. Put in pan and raise one-half hour. Bake one hour.

VIRGINIA SPOON BREAD

Three tablespoons melted butter, two cupfuls corn meal, one quart milk, one teaspoon salt, three eggs. Heat milk almost to boiling point, then stir in meal and salt, add butter and cook five minutes, stirring all the time. Cool mixture and add yolks of eggs well beaten. Beat white of eggs to stiff froth and fold in. Pour batter in two-quart pan, well greased, and bake in moderate oven forty-five minutes. Serve while hot, using a spoon in serving.

MARION CORNWALL.

SOUTHERN CORN PONE

Three cups bolted corn meal, one teaspoon salt. Mix with cold water. Make three pones in skillet, bake until thoroughly done. If bolted meal is not procurable scald meal slightly before mixing with cold water.

SOUTHERN SPOON BREAD

One-half cup white corn meal, scald with one-half cup boiling water, add one-half cup buttermilk, one-half cup sweet milk, one-half salt spoon of salt, two teaspoons level lard, two well beaten eggs, salt and soda. Turn into a very hot greased pan. Cook twenty minutes.

BETTIE E. SMITH HUGHES.

NUT BREAD

Two cups flour, one-half cup sugar (scant), one cup sweet milk, one-half salt spoon of salt, two teaspoons level baking powder, three-fourths cup chopped nuts, one well beaten egg. Set to rise one-half hour where it will not be too warm. Cook three-quarters of an hour. Nice with one cup seeded raisins added.

MRS. E. M. SEMPLE.

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COOKIES

“The beauty of the house is order,
The blessing of the house is harmony,
The glory of the house is hospitality.”

AMMONIA COOKIES

One-half ounce bakers' ammonia, one-half pint sweet milk, two eggs, two cups sugar, one cup butter, one-half teaspoon salt, flavor and mix soft. Bake in quick oven. Put ammonia in bowl and cover with sweet milk. Let stand over night. In the morning add sugar, butter, salt, and the well beaten eggs. Add sufficient flour to make dough stiff enough to roll. Cut in fancy shapes and bake. Use any kind of flavoring.

MARION CORNWALL.

BOSTON COOKIES

Cream one-half cup butter, add gradually three-fourths cup sugar, and two eggs well beaten. Add one-half teaspoon soda dissolved in three-quarters tablespoon hot water, three-fourths cup flour mixed and sifted with one-fourth teaspoon salt and one-half teaspoon cinnamon; then add one-half cup chopped English walnut meat, one-half cup raisins seeded and chopped and one cup flour. Drop by spoonfuls one inch apart on a buttered sheet and bake in a moderate oven. Use level measurements.

MRS. C. D. SWAIN.

DROP COOKIES

One and one-quarter cups sugar, one-half cup butter, two eggs, whites and yolks beaten separately, one-half level teaspoon soda, one-half tablespoon hot water, one tablespoon sherry, one teaspoon vanilla, one-half teaspoon salt, one and one-half cups flour, one-half pound dates cut fine, one pound walnuts chopped fine, one-half teaspoon cinnamon.

MRS. W. E. SPROUSE.

DEMOCRATIC COOKIES

One-half cup butter, one cup sugar, one tablespoon milk, flavoring, two eggs, two teaspoons baking powder, one-fourth teaspoon salt, two cups flour, cream butter, add

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sugar, yolks well beaten, flour, baking powder and salt, milk and whites beaten stiff. Flour enough to roll. Cut with cutter. After they are in pan place one-half walnut on each cooky. Bake in quick oven.

MRS. W. C. TYLER.

SNOW FLAKES

Three eggs, two tablespoons of cream, butter size of walnut, pinch of salt, enough flour to work stiff. Roll out and let stand for a while until dry. Sprinkle with powdered sugar, after frying in deep fat.

MRS. F. O. REED.

ENGLISH COOKIES

One cup of butter, well creamed, three eggs, well beaten, one cup pulverized sugar, thoroughly dissolved in the egg. Mix all together, beat well, and add flour to make stiff enough to roll.

E. PAGE KERNS.

HERMITS

Three cups of flour sifted with three teaspoons baking powder, one egg, one cup of milk, one-half cup butter, one and one-half cup of sugar, one cup of chopped raisins, one cup of nuts, spices to taste.

MRS. W. A. HORNE.

ROX

Three eggs, one and one-half cup sugar, one cup sour milk, one teaspoon soda, one cup butter, one teaspoon cinnamon, one teaspoon cloves, one-fourth teaspoon ginger, pinch salt, one pound raisins, one cup chopped nuts, flour enough to make a dough that drops.

MRS. KATE N. PROVINES.

LEP KUCHEN

Two tablespoons of butter, one and one-half cups sugar, two cups nuts, one-fourth pound citron, three and one-quarter cups flour, one cup molasses, six yolks and two whites of eggs, one wineglass whiskey, three bars chocolate (sweet), one teaspoon each cinnamon, nutmeg, allspice and cloves, two teaspoons baking powder. Drop from the spoon on greased pan and ice if desired.

MRS. ORLANDO HALLIBURTON.

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POTATO DOUGHNUTS

Three medium-sized potatoes, boiled and put through colander, beat lightly in this one teaspoon butter, one-half teaspoon salt. Beat two eggs in a cup, fill up with milk and beat lightly together. Stir in the potatoes, add heaping cup of sugar, one-half teaspoon baking powder in just enough flour to mix soft.

MRS. F. O. REED.

DOUGHNUTS

Three and one-half cups flour, one cup cream, one cup powdered sugar, two teaspoons baking powder, two eggs, a pinch of salt.

MRS. E. M. SEMPLE.

"And Marty's twins, from Aunt Marin's.
And little orphan Annie,
All's a eatin' ginger bread
And giggle-in at granny."—James Whitcomb Riley.

GINGER COOKIES

One cup granulated sugar, one cup Aunt Jane's molasses, three eggs, one cup butter, two teaspoons ginger, two teaspoons salt, three-quarter cup boiling water poured on two teaspoons soda. Let cool and mix as any cookies.

GEORGIE G. OLDDHAM.

SOFT GINGER BREAD

One-half cup shortening, fill cup with hot water, one teaspoon of soda in hot water, one-half cup molasses, fill cup with sugar, one dessert spoon of ginger, one teaspoon cinnamon, one egg, two scant cups of flour.

MRS. F. O. REED.

SOFT GINGER BREAD

One cup molasses, one-half cup butter or Crisco, one teaspoon each of cloves, ginger and cinnamon, two teaspoons soda dissolved in one cup boiling water, two and one-half cups of flour. Add two well-beaten eggs and bake.

MRS. KATE N. PROVINES.

OLD-FASHIONED GINGER LOAF

One cup black molasses, one cup sugar, one cup buttermilk, flat teaspoon soda, one-half cup butter, melted, flat spoon ginger, spice, cloves, cinnamon. Flour to make soft batter.

MRS. E. L. DuBOSE.

SOUR MILK GINGERBREAD

One cup molasses, one cup sour milk, two and one-half cups flour, one and one-half teaspoons of soda, two teaspoons of ginger, one teaspoon of salt, two teaspoons of baking powder, one-third cup butter. Bake in a moderate oven thirty to forty minutes.

INEXPENSIVE GINGERBREAD

One cup brown sugar, three-quarter cup any shortening, one egg well beaten, one cupful molasses, one teaspoon each of ginger and cinnamon. Into one cupful of boiling water stir two even teaspoonsful of soda, three cups flour. Add three-quarter cup of raisins if desired. Use part of the flour to dredge raisins.

MRS. W. A. KERLEY.

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Dessert Dishes

A wilderness of sweets."—Milton.

PEACH ICE CREAM

Three eggs, one tablespoon of flour, one cup of sugar. Add flour and sugar to beaten eggs. Stir into one quart of scalded milk. When cool, add one quart of cream, one quart of crushed peaches, one-half teaspoon of vanilla, one-fourth teaspoon of salt. Sweeten to taste.

BETTIE E. SMITH HUGHES.

MARSHMALLOW SOUFFLE

1. Dissolve one rounded tablespoon of granulates of gelatine in one-half cup cold water and stir over fire until thoroughly dissolved. (2.) Add one-half cup cold water to hot gelatine and let stand to cool a little as you separate whites of four eggs. (3.) Beat the whites of eggs with a tiny pinch of salt until stiff and then pour dissolved gelatine very slowly into beaten whites. Beat continually while pouring in gelatine. (4.) Sprinkle in one cup of sugar and keep on beating. (5.) Add one teaspoonful of almond extract and beat until well mixed. (6.) Take out one-third of mixture and tint pink, spread it over bottom of deep dish, sprinkle over this chopped pecans. Then put on second layer of white and more nuts and candied fruit; the last third tint lavender and spread on top of white layer. Put in cold place.

MAPLE PARFAIT

Maple syrup, large cupful; eggs, four; cream, one quart. Beat the yolks of the eggs and add the syrup. Cook slowly and beat until thick. Whip the cream and add the beaten whites. Add this to the other and sweeten if necessary. Freeze as for any ice cream.

MRS. VIVIENNE MARTINEZ.

PEACH COMPOTE

Peaches, one can (or like amount of fresh fruit); maraschino cherries, small bottle; oranges, one-half dozen; marshmallows, about ten cents worth. In the bottom of

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each compote glass put a half peach. Sliced oranges, chop marshmallows and cherries rather fine and fill in next, using both fruit and juice. This will serv  from ten to twelve people.

MRS. VIVIENNE MARTINEZ.

REAL ITALIAN CUSTARD

Yolks of two eggs, beaten well; add four heaping teaspoons of sugar and beat again. Fill large half of egg shell four times with sherry wine, add to eggs and sugar and beat well.

Put in a thin bowl or double boiler, set in boiling water and stir well until thick. Cool before using. Very fine.

MRS. JOHN PARK DOUGALL.

MADAM POMPADOUR

Into a pint of whipped cream add diced bananas and marshmallows. Serve ice cold.

CREME DE MENTHE

Two cups sugar, one and one-quarter cups water, thoroughly dissolve by stirring together without heating, then let stand until it becomes clear and thick like syrup. Add as much grain alcohol as syrup, put in one teaspoonful peppermint extract and color green with fruit coloring.

Always serve through crushed ice in small glasses after a rich dinner. It aids digestion and is a delightful cordial.

LEMON AND ORANGE DESSERT

Two slightly heaping tablespoonfuls of cornstarch dissolved in cold water, to which add three pints of boiling water (this quantity of boiling water should make this about the consistency of thin starch). Add to this the juice of two large lemons or three small ones, two cupfuls and one-half of sugar, a pinch of salt. Allow this sauce to come to a boil, remove from the fire and when cold pour over six oranges which have been peeled and cut into small bits (not sliced thin, but cut more like small chunks). This quantity will be enough with which to serve ten people. The whites of two well-beaten eggs may be poured over the top of this dessert. By freezing the above it makes delicious orange sherbet. Omit the oranges and freeze it, and you have the best ever lemon sherbet.

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BAVARIAN CREAM WITH PINEAPPLE

Take one can (and juice) of grated pineapple and boil with two cups sugar. Press through a sieve and add one package of gelatine dissolved in one cup water. Stir and add one quart of whipped cream and pour in mould.

MRS. W. N. PERRY.

PINEAPPLE FANCHONETTS

Cut rounds from plain pastry. Plan these over inverted muffin tins, pinch in to fit sides. Bake in a hot oven. Fill these with pineapple cut in cubes. Arrange a merangue on on top. Brown slightly in oven. **Merangue:** Made with two whites of eggs, four tablespoonsful of sugar. Beat eggs very light and then add sugar.

MRS. E. A. LOY.

FRUIT DELIGHT

Line platter with large halved pears. Whip pint of cream stiff, sweeten and flavor to taste (sherry preferred). Add almonds and dates to the whipped cream, pour over the pears. An attractive and delicious dish.

MRS. JOHN BURTON.

(Wade Hampton Chapter.)

COCOANUT SPONGE

Thicken one pint of milk in which is dissolved three-fourth of a cup of sugar. With two tablespoonfuls of com-starch, cook thoroughly in a vessel set into boiling water. When cooked and boiling hot, beat this with the whites of three eggs beaten stiff. After standing a few minutes, add one cup of grated cocoanut. Flavor with vanilla and turn into a mould with grated cocoanut on top. Serve with cream, sweetened and flavored with wine or other flavoring.

MRS. E. A. LOY.

PRUNE WHIP

Four whites of eggs, sixteen prunes, four tablespoonfuls of sugar, one teaspoon of vanilla, pinch of salt. Stew prunes without sugar until tender, drain and cut in small peices and then beat the eggs to a stiff froth; with a pinch of salt added; add sugar, flavoring with one-fourth of a teaspoonful of vanilla; fold in the prunes, pour the mixture into a buttered baking dish, place in a pan of hot water and

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bake in a moderate oven for ten minutes. Then remove the covering to allow the pudding to brown slightly. Serve cold in glass cups with whipped cream.

MRS. E. A. LOY.

CANTALOUPE WITH ICE CREAM

A novel way of serving cantaloupe is to cut it into some pretty shape and fill with vanilla ice cream.

MRS. VIVIANNE MARTINEZ.

ORANGE TRIFLE

Two teaspoon gelatine, two tablespoon cold water, two tablespoon boiling water, two tablespoon sugar, two tablespoon orange juice, little grated orange rind, one teaspoon lemon juice, one-half cup cream. Soak gelatine in cold water, add boiling water, add sugar, juice and rind. Strain, stir and cool until a thick syrup. Fold in whipped cream, alending thoroughly. Whip until thick enough to hold drop. Stiffen in wet molds.

DIXIE WILLIAMS FARNSWORTH.

ICE CREAM

Two and one-half quarts milk, six eggs, two cups of sugar, one teaspoon corn starch or flour, one tablespoon of flavoring. Put milk on to scald and when hot add the beaten eggs and corn starch (mix eggs and corn starch together), cook until it begins to thicken. Be sure that corn starch or flour is well dissolved. This makes about three quarts.

MRS. REED, Beverly Hills, Call

PRUNE SOUFFLE

Steam eighteen large prunes until soft, remove pits and chop or mash prunes fine; add one cup pulverized sugar and bet. Add a little lemon juice, then fold in the stiffly beaten whites of five or six eggs. Butter a baking dish, turn in mixture heaping lightly, dust with pulverized sugar, and bake in a slow oven one-half hour. Serve with whipped cream.

CHARLOTTE RUSSE

Yolks of four eggs well beaten. Stir into one quart of milk, boil like custard and set away to cool. Pour a cup of warm water over one-half a box of gelatine, when thoroughly soaked stir with the custard while still hot. Next

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morning beat the whites to stiff froth, with one-half cup sugar and vanilla and stir into custard. Line dish with sponge cake or lady fingers. Pour this over and set away to cool five or six hours.

SANDWICHES

FILLING FOR SANDWICHES

Chop finely, one cup English walnut meats, blend with one-half cup rich salad dressing. Spread between thin slices of bread. This amount makes eighteen sandwiches.

CHEESE SANDWICHES WITH MUSTARD

For these sandwiches use graham bread; spread it first with butter, then a thin coating of mustard; next with a layer of cottage or pimienta cheese, then add a layer of chopped olives mixed with mayonaise.

MRS. S. A. THORPE.

CHICKEN SANDWICHES

Delicious chicken sandwiches. Take cold boiled chicken or canned chicken, chop fine with yolks of three eggs, a little cream, and three spoonsful of melted butter; season with salt, black pepper and paprika and a few drops of onion juice; spread on thin pieces of white bread, buttered and cut in symetrical shapes.

MRS. S. A. THORPE.

CAPER SANDWICHES

Press two hard boiled eggs through sifter, grate one-fourth pound of cream cheese, add two tablespoons of chopped capers with salt, paprika and mustard to taste. Moisten with salad dressing. Spread between thin slices of whole wheat bread.

CHEESE STRAWS

Beat one egg, add one cup grated cheese, butter size of an egg, pinch of salt, cayenne, flour. Roll out, cut in strips and bake in a moderate oven.

E. PAGE KERNS.

NUT AND CHEESE SANDWICHES

Either Graham or Boston Brown bread can be used for these, the nuts must be pounded or rolled with the rolling pin until they are almost like paste; then mix them with cream cheese which has been moistened with milk and seasoned with salt and paprika; spread this mixture on thin pieces of buttered bread.

MRS. S. R. THORPE.

CHEESE DISH

Butter a baking dish, sprinkle grated or finely broken cheese thick, then fine pieces of bread, another layer of cheese, season well with paprika and salt. Then drop about six eggs in these nests. Pour in milk to cover and bake twenty minutes.

NUT AND CHEESE ROAST

One cupful of grated cheese, one cupful of chopped walnuts, one cupful of bread crumbs, two tablespoonsful of chopped onions, one tablespoonful of butter, juice of one-half a lemon, salt and pepper. Cook the onion in the butter and when it begins to brown pour one-half a cup of water. Then add the other ingredients, pour into a pan and bake until brown.

MRS. THORPE.

PIMIENTO AND CHEESE ROAST

Two cupsful of cooked lima beans, one-fourth pound of cream cheese, three pimientos, chopped, and a cup of bread crumbs, season with butter, milk, pepper and salt.

CHEESE BISCUITS—DELICIOUS

Put in a pan and brown in the oven.

Two cupsful of flour, two teaspoonsful of baking powder, two heaping tablespoonsful lard, one-half cup of milk, one-fourth teaspoonful salt. Mix these ingredients as for biscuits. Roll thin and divide in two parts. Spread grated cheese on half of the dough, lay the other half of the dough over the cheese, cut out with cutter and bake.

MRS. S. R. THORPE.

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Preserves & Jellies

STRAWBERRY PRESERVES

Wash three boxes of strawberries one at a time and put in pan with the same amount of sugar and berries. Let them stand for a short while then place on a warm stone until berries are covered with the juice, then put over good fire and boil hard for five minutes, being careful not to mash berries. Put in the sun every day for a week and stirring them every day.

RASPBERRY AND APRICOT PRESERVES

Three boxes of raspberries, five pounds apricots, cut apricots in halves (do not skin) and stew them a few minutes in one cup of water. Add berries and three-fourth cup sugar, one cup fruit. Cook slowly until preserved.

MRS. SEMPLE.

GOOSEBERRY CONSERVE

Four boxes or five pounds of gooseberries, four pounds of sugar, one and one-half pounds of raisins, juice and rind of four large oranges. Chop rind fine and boil thirty minutes.

MRS. F. O. REED.

GRAPE AND WALNUT CONSERVE

Four pounds of white grapes, two pounds of sugar, one-half pound chopped walnuts. Take the seeds out of the grapes and cook with sugar till thick; add the chopped nuts and let cook for ten minutes. Put in jelly glasses.

MRS. S. R. THORPE.

GRAPE FRUIT AND ORANGE MARMALADE

One large grape fruit, one orange, one lemon. Shave the fruit exceedingly thin, taking out the seeds and the tough white centers, measure and add three times as much water as pulp, allow it to stand for twenty-four hours. Measure and add an equal quantity of sugar. Boil together until of the right consistency to jelly; put away in glasses. This should make ten glasses.

MRS. THORPE.

Violet Brand Shortening the Shortest Shortening by a Long Way

RASPBERRY AND CRABAPPLE JELLY

Cook crabapple and strain; do the same with raspberries. Then take two-third crabapple and one-third raspberry juice. Bring to a boil and to every cup of juice add one of sugar. Makes a most delicious jelly.

MRS. W. A. BROWN.

ORANGE LEMON MARMALADE

Three lemons, three oranges. Slice both as thin as possible, taking out all seeds. To each pound of sliced fruit add three pints of cold water and let stand twenty-four hours; then boil three-fourths of an hour and let stand another twenty-four hours. Then weigh and to every pound of fruit add one and one-quarter pounds of sugar. Boil until quite clear, so will make jelly—about three-quarters of an hour. This is an excellent marmalade.

CARROLL LEY STEWART.

ORANGE MARMALADE

Six or eight large oranges, two large lemons; peel off all peeling, (be careful to not leave any of the white), slice thin; add three quarts of cold water and cook three-fourths of an hour; then add five pints of sugar and cook until it jels.

KATHRYN ENTLER.

ORANGE MARMALADE

Twelve oranges, two lemons, slice all thin, cover with water and let stand over night. Drain off water. To one quart fruit take two quarts (fresh) water; boil until tender, then cool. Drain again. Take equal quantities of fruit and sugar; cook until it thickens. Makes one dozen glasses.

FIG PRESERVES—SPANISH

One tablespoon of lime to one gallon of water. Soak fruit twenty-four hours. Wash in three or four cold waters, then boil in clear water. Then drop in syrup and cook until done.

FIG NUT JAM

Eight pounds of figs; after peeling four pounds of sugar moisten sugar enough to make a syrup; when boiling put

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in figs. This constantly, cook until clear and of the desired consistency. If too stiff before clear add a little water. Add two pounds of chopped walnuts and cook fifteen minutes Seal hot.

MRS. KIRBY.

FIG JAM

One gallon ripe figs, four cups sugar, juice of one lemon, spices to suit taste. Peel figs, then put all ingredients together and mash with potato masher until well mixed. Cook two hours over slow fire. Put in one pint jars and seal.

MRS. C. P. OLDHAM.

JAM

Six boxes strawberries, one large can grated pineapple, one whole orange. Wash, stem and thoroughly crush berries, put orange through meat chopper. Mix crushed strawberries, chopped orange and grated pineapple and add six or seven, if you like it sweeter, seven cups sugar. Cook until thick over a slow fire.

MRS. W. A. BROWN.

PICKLES

MUSTARD PICKLE

One quart each of small cucumbers, sliced, large cucumbers, sliced, tomatoes, green, onions, small button; one large cauliflower in small pieces, four green peppers cut fine. two cups sugar, one cup flour, six tablespoonfuls mustard, one tablespoonful tumeric, two quarts vinegar. Soak vegetables over night in brine, one pint salt to one gallon water. drain and cook till half done. Some cook faster than others. so soak each kind by itself. Mix dry ingredients and make a smooth paste with a little vinegar, add rest of vinegar and cook till smooth and thick, stirring often to prevent burning. Add vegetables and heat thoroughly. Bottle and seal with paraffine.

UNCOOKED CHILI SAUCE

One peck ripe tomatoes, two cups chopped onions, two cups chopped celery, two cups sugar, one-half cup salt, four

ounces white mustard seed, one teaspoonful powdered mace, one teaspoonful black pepper, one teaspoonful powdered cinnamon, four chopped green peppers, one chopped red pepper, three pints vinegar. Chop onions, celery, peppers, then add tomatoes peeled and chopped and drained, and add the rest of the ingredients. Seal. This requires no cooking.

CARROLL LOY STEWART.

CHILI SAUCE

Twelve large ripe tomatoes, one large green pepper, one large onion chopped fine, three tablespoons of sugar, one tablespoon of salt, one teaspoon ground cloves, one teaspoon ground cinnamon, one cup vinegar, one teaspoon ground mustard. Cook all together slowly until done.

ELIZABETH M. GOULD.

CHILI SAUCE

Eighteen large ripe tomatoes, six large ripe onions, six large red chili peppers, twelve tablespoons sugar, three tablespoons salt, three cups of vinegar. Chop or grind fine, add mustard or celery seed, cook hard one hour, remove seeds from peppers, use skins only.

MRS. A. R. MARKHAM.

UNCOOKED TOMATO PICKLE

Two gallons of green tomatoes, sliced fine, one gallon of cabbage chopped fine, one-quarter gallon of onion, sliced fine, one-eighth gal of green sweet pepper, chopped. Salt all and leave over night. In the morning press all the liquor out and throw away. Take one and one-half quarts of good vinegar and one pint of sugar and heat. Add a ten cent package of mixed spices and put in jar to ripen about ten days.

E. A. LOY.

SPICED CURRANTS

One quart ripe currants, one and one-half pints sugar, one-half cup vinegar, one cup chopped and seeded raisins; one large tablespoon cinnamon, one-half tablespoon cloves. Cook until thick, stirring often.

MRS. JOHN PARK DOUGALL.

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WATERMELON RIND PICKLE

1. Soak twelve hours in lime water (one handful lime to one quart water), changing pieces from top to bottom.

2. Soak in clear water six hours, changing water two times.

3. Scald in alum water. Boil one-half hour in clear water. Plunge in cold water. Repeat twice.

4. Boil in ginger tea one-half hour. To one gallon vinegar add two pounds sugar. Cook rind in mixture till a straw may be stuck through easily. Spices to taste.

MRS. P. H. BRADY.

FIG PICKLE

The figs used in this recipe are the small honey figs; they do not have to be peeled and will keep perfectly without sealing. Ten pounds of ripe figs, four pounds of sugar, one quart of vinegar, one cup of mixed whole spices, cloves, cinnamon, allspice and cassia buds, in a muslin bag. Put figs in after syrup has come to boil; boil two hours.

MRS. FRANKLIN L. MORGAN.

GREEN TOMATO SAUCE

Two gallons green tomatoes, chopped, twelve onions, chopped, two tablespoons salt, let stand a few hours and drain. Add two quarts vinegar, one quart sugar, two tablespoons ground mustard, two tablespoons black pepper, one tablespoon allspice, one tablespoon cloves. Mix and cook until tender.

MRS. W. A. KEELEY.

FRENCH PICKLES

One peck of green tomatoes and six large onions chopped fine and mix through them one teacup of salt, let stand over night. Next day drain thoroughly, boil in one quart of vinegar mixed with two quarts of water for fifteen or twenty minutes. Then drain this off and take four quarters of vinegar, two pounds of brown sugar, one-half pound of white mustard seed. Spice with ground cinnamon and cloves and boil all together for fifteen minutes.

MRS. F. O. REED.

PICCALILI

One gallon green tomatoes, one quart small onions, three teaspoons mustard, two teaspoons black pepper, one

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teaspoon ground cloves, one gill white mustard seed, salt to suit, one gill celery seed, one-half gill sugar, three pints strong vinegar, one small head cabbage. Grind or slice. Cook until tender.

MRS. A. R. MARKHAM.

SWEET PICKLE

Two quarts cabbage, one quart green tomatoes, one pint onions, one pod green pepper, chop these fine and drain off the moisture, one tablespoon mustard seed, one tablespoon celery seed, one tablespoon salt, one pint brown sugar, pepper, cloves, spice, cinnamon, one-half tablespoon each. Cover with vinegar and boil until soft.

MRS. FANNY WRIGHT.

SPANISH PICKLES

Two dozen cucumbers, two large heads cabbage, two dozen large onions, three pounds brown sugar, two ounces celery seed, two ounces white mustard, ten cents worth of tumeric, one-half box Coleman's Mustard. Cover with good vinegar and boil thirty minutes and seal in jars. This is fine.

MRS. B. J. BARNHART.

HEYDEN SAUCE

One gallon of cabbage, chopped fine, one gallon of ripe tomatoes, chopped, not peeled, one quart of chopped onions, four green or red peppers, seed out, chop, mix and add three tablespoons of salt. Let stand a few hours and press juice out. Add to pickle, four tablespoons of ground mustard, two tablespoons of ginger, one tablespoon each of cinnamon, cloves, celery seed, three tablespoons of tumeric, one and one-half pounds of sugar, one gallon of vinegar. Boil one-half hour and can. Measure for spices.

MRS. W. A. KIRBY.

TOMATO CHILE

Eighteen large tomatoes, six large onions, six red pepper, five cup vinegar, three tablespoons salt, eight tablespoon sugar. Cook until smooth. This delicious chile will keep indefinitely in well sealed jars.

MRS. ALBERTA P. RANSONE.

CHOW CHOW

Cut fine one large head of cabbage, one dozen bell peppers, one dozen large white onions. Put these with three

CANDY

"Sweets for the sweet," the saying may be trite,
But here are dainties for the appetite;
And life, indeed, would be most incomplete,
Aye, most monotonous without its sweet."

CHOCOLATE CREAMS

Four cups granulated sugar, three tablespoons glucose, one cup boiling water. Stir thoroughly, put cover on, boil rapidly until it will almost candy (not quite.) Pour it out in a large pan so that it will be no more than two inches deep. Set in a cool place until it is almost lukewarm. Then stir with a wooden paddle until it looks white and dry as if it were graining, then put in the hands and knead as you would bread, when it will soon be of fine creamy consistency and this is just what is desired. To flavor, pour a few drops of the extract on the cream and knead a few times. Cover the cream with a damp napkin and it will keep in perfect condition for some time. Dust molding board with least bit of flour, roll this cream on it, then cut in small pieces and form into balls. Set on paraffine paper to harden. It is better to do this the day before they are dipped in chocolate. Put a cake of Baker's chocolate in a double boiler to melt. Put into the chocolate a lump of paraffine the size of a hickory nut and a piece of butter half as large. Add vanilla. Dip creams in this chocolate and set on paraffine paper to harden.

For pink ones, roll into balls and press into the top of each a blanched almond, then roll in sugar.

For chocolate tinted ones knead in some grated chocolate.

For fruit candy—Chop up raisins, fig, citron and almonds to suit and knead into some of the plain cream. Then roll out a layer of the plain white cream about half an inch thick, then put a layer of pink on that, then a layer of fruit, then pink again, being careful that it reaches over the side of the other layer of pink, then the white again to reach over to the other layer of white. Roll in the melted chocolate

and lay on paraffine paper to harden. When hard slice across as you would a loaf of bread. This is very delicious.

E. PAGE KERNS.

CANDIED FIGS

Make a thin syrup of three cups of sugar and one cup of water. Put about two pounds of figs with skins on to boil in syrup five minutes, take out and put on greased plate, put in sun all day. Next day put figs in same syrup and boil for five minutes, put in sun to dry. Third day make a thick syrup of the same and boil figs for ten minutes. Take out and roll in powdered sugar, dry in sun for the day, then pack in a box with plenty of sugar on each layer. Press down good, with waxed paper on top. They are better if they stand for a month or longer. Same recipe can be used for oranges and other fruit.

GEORGIE G. OLDHAM.

MOLASSES CANDY

One cup of molasses, one cup of brown sugar, one teaspoonful of soda, one ounce of melted butter, mix molasses, butter and brown sugar together, boil without stirring until it hardens when dropped in cold water, add soda, pour on buttered platter, pull or cut in sticks.

MINNIE G. NEIGHBOURS.

Nut candy can be made by same recipe, adding peanuts or walnut meats.

MARSHMALLOWS

Two cups granulated sugar, two-thirds cup water, two tablespoons gelatine dissolved in eight tablespoons water. Boil the syrup until it thickens then pour into a bowl, add the dissolved gelatine and beat constantly until the mixture is very thick. Add vanilla flavoring and put on a board dusted with powdered sugar, also dust the top with sugar. When cold cut into little squares and roll each one in sugar. For the pink marshmallows use the fruit coloring and strawberry flavoring. Beat first with wire spoon egg beater then with a spoon.

E. PAGE KERNS.

RUSSIAN NOUGAT

Two cups white sugar, one-half cup corn syrup, one-fourth cup water. Cook until it hardens when tested in

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water. Beat this into the beaten whites of two eggs. Add one pound nuts. Flavor.

PENOUCHE

Three cups brown sugar, one cup milk, one tablespoonful of salt, cook, stir while cooking, flavor, add chopped nuts.

FUDGE

Two cups white sugar, two squares Baker's chocolate, cut fine, two tablespoons butter, one cup milk, cinnamon. Beat all for a minute or so, then put on to boil. Cook until it hardens in water. Put in nuts and beat one way, until it thickens, then pour into buttered plate and cut in squares.

E. PAGE KERNS.

AFTER-DINNER MINTS

Two cups of sugar and one cup of water, boil in granite sauce pan until it forms a soft ball when tested in cold water. Take from fire and let cool until "milk warm," then begin to stir or beat with wooden fork or spoon until it creams. Then add fruit coloring, green or pink, and two drops of the essence of peppermint. Mould and shape with the hands into small "wafers."

MRS. H. E. MORE.

PRESERVED ORANGE PEEL

Weigh oranges whole and allow pound for pound of sugar; peel the oranges neatly and cut the rind into narrow shreds; boil until tender, changing the water twice, and replenishing with hot from the kettle; squeeze the strained juice of the oranges over sugar, let this boil, put in the shreds and boil twenty minutes.

MRS. E. G. ROBINSON.

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BEVERAGES

FRUIT PUNCH

To the strained juice of ten lemons and six oranges, add one can of sliced pineapple cut into small dice; one can of black cherries; six bananas sliced very thin; one-half pound of red candied cherries, two lemons cut in thin circles. Mix, and sweeten to taste with a stock made as for boiled icing and perfectly cold. Fifteen minutes before serving fill bowl half full of crushed ice, pour in the punch, add one bottle of Apollinaris water. Serve in punch glasses.

MRS. ALBERTA RANSOME.

SOUTHERN MINT TEA

Two teaspoons tea, pinch of cayenne, handful mint, one pint boiling water. Let stand fifteen minutes and strain. Add juice of two or three lemons and one cup of sugar. Ice.

MRS. E. H. MULLEN.

MINT JULEP

In a tall glass place a thick slice of lemon, one cube sugar and two tablespoonsful best Bourbon whiskey and several sprigs of mint. Fill glass with finely shaved ice and stir without touching the outside of glass with fingers till the glass is thoroughly frosted. Serve with straws and garnish with sprigs of fresh mint.

FLORENCE BRADY.

CHAMPAGNE PUNCH

Squeeze the juice from one-half dozen lemons and one-fourth dozen limes. Add three-fourths of a tumblerful of sugar, one wineglassful of rum and one bottle champagne.

COFFEE

One cup of ground coffee, white of an egg and shell; one quart of fresh boiling water; one-half cup of cold water to settle. Stir up the coffee and egg and about one tablespoonful of cold water. Pour on to this the boiling water, stir as it boils. Boil for about ten minutes, add the one-half cup cold water to settle, strain into the coffee pot for the table.

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DRIPPED COFFEE

Put three ounces of finely ground coffee in the upper division of your drip pot, and pour over this a little boiling water at a time until one quart has been used, and having it where it will be perfectly hot without boiling. If not strong enough it will be necessary to let it drip through the second time. Serve with boiling milk about one-half cupful of dripped coffee to one-half cup of boiling milk, or a little more coffee.

TEA

“Except the water boiling be,
Filling the teapot spoils the tea.”

One heaping teaspoonful of green tea is sufficient for two cups. The water for making should be boiled quickly. The china or stone teapot scalded, a teacup of boiling water poured upon the tea and set near the fire to draw. In about ten minutes pour on another cupful of boiling water. This is strong; if wanted weaker add more boiling water.

ICED TEA

It is better to put the tea in cold water in a china pitcher and set in the ice box the morning of the day it is to be used for supper. The flavor is better and milder than if steeped in hot water.

BLACKBERRY CORDIAL

Cover the berries with cold water and let boil a few minutes until done. Then strain, and to every pint of juice add one pound of granulated sugar. Put back on the fire. Tie up a little cinnamon, allspice and cloves in a thin muslin bag, and let boil with the juice until the latter is a pretty thick syrup, then take off, and when it is thoroughly cold add one-third as much good brandy or whisky as you have syrup. It is not necessary to seal it.

One full teaspoonful of cream tartar to one quart of flour.

One pinch of salt, one salt spoonful.

Two wine glassfuls, one gill.

Two gills, one teacupful.

THE MEASUREMENT OF FOOD MATERIALS

The success of a recipe is often due to exactness in measuring materials as well as care with which directions are followed.

60 drops	1 teaspoon
3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tablespoons	$\frac{1}{3}$ cup
8 tablespoons	$\frac{1}{2}$ cup
1 cup	$\frac{1}{2}$ pint

To measure flour, meal and similar ingredients, sift lightly and then measure.

To measure a spoonful of dry material lift the spoon, heaping—then level to measure a half spoonful, then divide in halves lengthwise.

A kitchen cup holds a half pint and must be used to measure everything calling for cupfuls. Recipes are never written for the use of ordinary tea or coffee cups.

Halves, quarters or thirds of a cup should be measured with a tablespoon according to above table.

A "rounding teaspoon" means two level teaspoons.

A "heaping teaspoon" means three level teaspoons.

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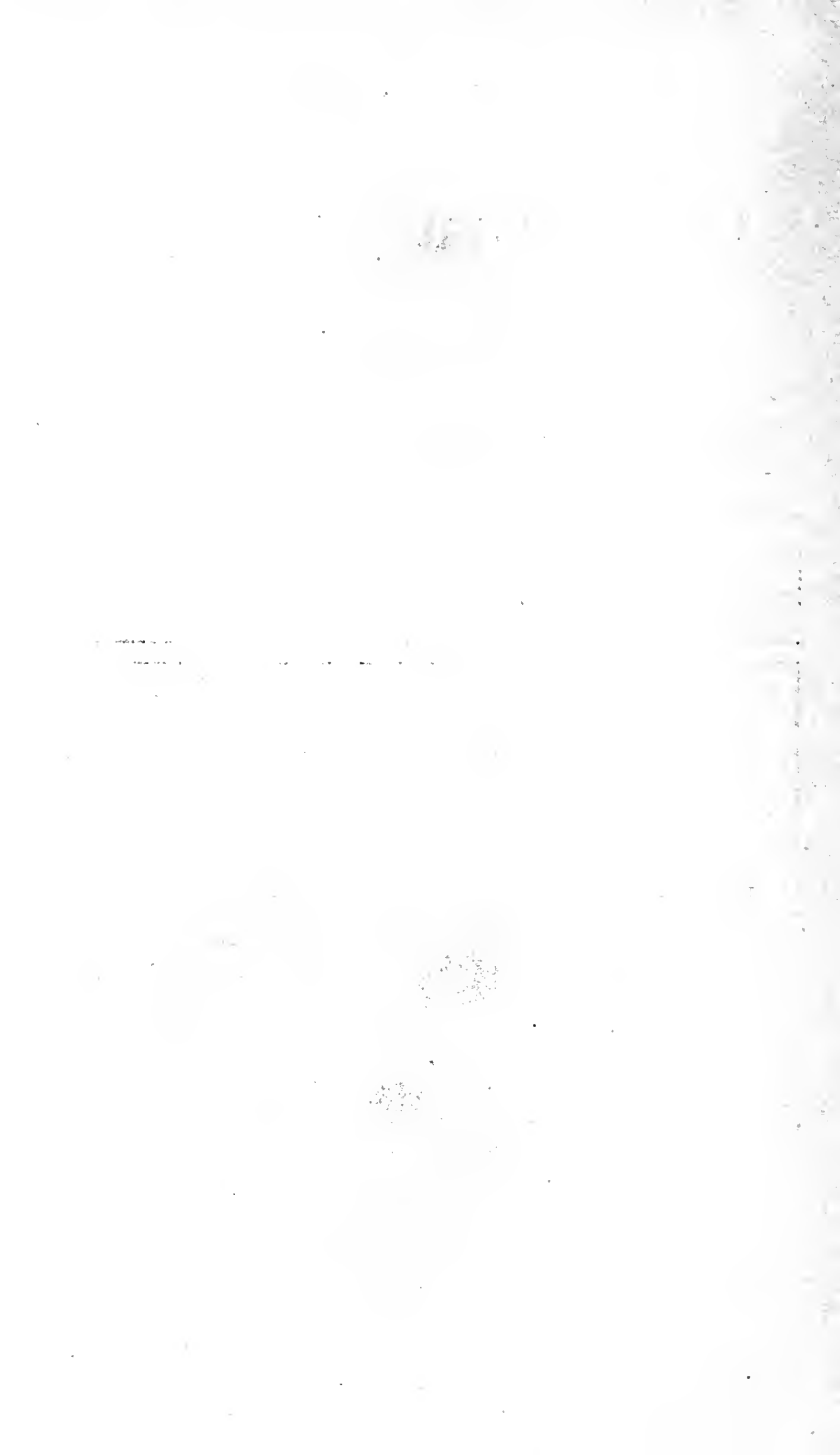
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